

Victor Little League
Minor League Baseball 2025 – Kid Pitch
Coach's Guide



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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 5 innings. Any inning starting after 1 hour and 30 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. One goal of this league is to keep defenses involved while pitchers are honing their skills. During the first two weeks of the season, the batting team's coach will come in to throw 3 pitches after ball four (essentially eliminating walks). Pitching performance will be evaluated after week 2 for a possible full kid-pitch game. (See last page for pitch-count regulations.)

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

Continuous batting order. No bunting allowed. Infield fly rule applies. No advance on a dropped third strike. 5-run limit per inning (unlimited runs in the 5th inning).

Base running: Stealing is allowed (including home); no leading off until the ball crosses the plate. Stealing may occur on a passed ball or wild pitch. No steals on a throwback to the pitcher. On overthrows during play following a batted ball, runners may advance to the base they are going to plus ONE extra base, but the extra base cannot be home. 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: 10 players (4 outfielders). 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.

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 Minors 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 Minor League President Justin Selleck.

Victor Community Baseball Skills Chart – Minor 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: Grip, Mechanics, and Follow Through

Hitting: The Swing, Strike Zone Awareness, and Avoiding Being Hit

Fielding: Infield and Outfield Fundamentals

Fielding: Communication – Calling Outs, Making Plays, Relays, and Knowing Where to Throw

Base Running: When to Run and Taking Extra Bases

Base Running: Rundowns and Stealing Bases

Teamwork: Handling Failure – Strikeouts, Errors, and Losing as a Team

Sample Practice Plan – 60 minutes

Dynamic Warm-Up (5 min)

Jog one lap around the bases

High knees, butt kicks, and side shuffles

Arm circles and trunk twists

Throwing Progression (10 min)

Partner throws, starting short and gradually increasing distance

Emphasize proper grip, footwork, and accuracy

Finish with a fun competition: Partners continue backing up after each successful throw. If the ball is dropped, the pair is out. The last team standing wins

Ground Ball Relay (10 min)

Split into two teams, one at shortstop and one at second base

Coach rolls ground balls; players field and throw to first base

First team to complete 10 clean plays wins

Pop-Up Challenge (10 min)

Coach throws pop-ups for players to catch

Any player who catches three in a row earns "Golden Glove" status

Game Situations & Hitting Stations (20 min, rotate after 10 min)

Group 1: Defensive Situations

Simulate force plays at different bases

Emphasize throwing accuracy and field awareness

Group 2: Hitting Stations

Soft toss or machine pitch, focusing on swing mechanics and contact

Wrap-Up & Team Cheer (5 minutes)

Little League Pitch-Count Regulations

9–10-year-old players: 75 pitches max

8-year-old players: 50 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.