



Sycamore Youth Baseball
Rookie League Rules
Modified October 2009



1. The Rookie League is a t-ball league for boys and girls that will be 5 years old (as of April 1st) through kindergarten.
2. The main goal of the Rookie league is for young children to have fun while learning the basics of baseball and sportsmanship. Each member of the team plays a position and bats every inning. No scores or league standings are kept. Coaches and parents should reflect positive and constructive direction, tempered with patience. Patience is the most important virtue necessary when working with children of this age group.
3. Sportsmanlike conduct must be observed. No arguing or yelling at coaches or players.
4. No smoking or alcohol is allowed on the playing field, benches or dugouts.
5. Each team and parents are responsible for picking up garbage from the playing area – even if you didn't put it there.
6. All games start promptly at 6:00 pm. The last inning may not start after 7:30 pm or when it is too dark to see safely.
7. Regulation games are 3 (three) innings in length. If time and weather allow, coaches may choose to play longer for experience.
8. Lightning will automatically cancel a game immediately. A game in progress may be called off in the event of thunder or heavy rain. Rain outs may be made up if both coaches agree but make-up games are not required.
9. No games will be forfeited. Every effort should be made to field a full team on the scheduled date. The Rookie teams share the fields with other activities and must use them at the designated times and dates.
10. Equipment will be checked out to each coach at the beginning of the season and must be turned in after the last game of the season to the League Commissioner. The equipment is not to be loaned out to individual players.
11. The use of bat boys and bat girls is not permitted.
12. All players must wear the team t-shirt and hat provided by the league.
13. The playing field should have base paths 50 feet in length. The player in the pitcher's area should be about 40 feet from the batter or home plate.
14. Batters hit a ball off a batting T situated on home plate. Each batter gets three attempts to hit the ball from the T. After a date agreed upon by the coaches, a coach for each team will pitch to his/her own players and each player shall have three attempts to hit a pitch. After three swings, the T shall be employed as previously described.
15. Bunting is not allowed. Batters should try to hit the ball as hard as they can. A fair ball is one that has traveled at least half the distance from home plate to the pitchers' mound.
16. A foul ball is one that is hit into foul territory, or when the batter hits the T and not any part of the ball, causing the ball to fall off the T.

17. Coaches should stand near the batter and assist with the T. They may also be in the field with the defensive players and offer advice but not interfere with the play. The coach must request time out demonstrating a technique or explaining a situation to the players during the progress of the game.
18. No sliding into first base. Sliding is permitted at any other base and is required if a play is made at home plate.
19. No lead-offs - no runner may leave the base before the ball is hit.
20. All team members bat in order. All team members bat each inning. Each inning, the coach should announce the last batter, then the teams switch sides.
21. When players are not at bat, they are to sit in their batting order in an area designated by the coach.
22. All batters, base runners and "on deck" batters must wear their protective helmet.
23. All team members must play on defense.
24. Stealing bases should not be taught and is not allowed. Fielders should throw to the base where the runner has advanced.
25. Intentionally running into any player constitutes an automatic out.
26. Players who do not conform to the rules after being given ample warning may be disciplined by the coach. Discipline shall consist of removal from the game for an appropriate period of time.
27. Each time a player hits the ball (into fair territory) the batter (and all base runners) will advance by running one base. When the last batter of the inning is up, the coach will announce "last batter" to the coach of the opposing team. When the last batter hits the ball, all runners on base will continue running until reaching home plate, with the last batter clearing the bases.