

**Amherst Athletic Association
Rookie League Rules**

Goals: To teach the game, develop skills, & have fun!

I. Field

1. Bases 60ft
2. Pitching rubber 35ft
3. Pitching circle 8' radius, 16' diameter

II. Equipment

1. Batting Helmets with face masks are required
2. 11" soft core softball
3. ASA sanctioned fastpitch softball bat
4. Catchers must wear full catchers gear
(helmet w/ mask, chest protector, shin guards)
5. No metal cleats

III. Game

1. Time 1 ½ hours with no new inning starting after 1 hr 20 mins, if you start a new inning both teams are entitled to bat unless it is not necessary based on score.
2. Base coaches and pitching coach will umpire the game
3. Official game after 4 innings or 3 ½ innings if home team is winning
4. The winning team will report the score
5. If game is stopped before it is an official game, the game will resume from where it left off
6. Batting line up is exchanged before the start of the game
7. Continuous batting order- every player bats even if they do not play the field
8. 5 run limit per inning
9. 10 players in the field with 4 outfielders
10. Minimum players a team can play with is 8 players. If a team falls below the 8 players that team forfeits.
11. You may borrow a player from another team in the league but they must bat last and can only play in the outfield.
12. Please be mindful if there is another game immediately after yours. Please clear the dugouts and then have your post game team meeting.

IV. Batting

1. Every batter gets a max of 5 pitches to put the ball in play (no balls or strikes)
2. No bunting, stealing, lead offs, walks, or hit by pitch
3. Baserunners may attempt to advance one base on an overthrow when ball is put in play
4. Late arrivals are placed at the end of the batting order
5. No penalty of an out if a team has less than 10 batters. No penalty of an out if a player has to leave the game.

V. Fielding

1. Players cannot sit 2 consecutive innings unless they are ill, injured, restroom or for disciplinary reasons
2. Players may not play the same position more than 2 times in a game
3. Every player must play in the outfield at least one inning and in the infield at least one inning.
4. Coach or adult volunteer will pitch from inside the pitching circle with one foot on the rubber.
5. The player in the pitching position should be inside the circle to the left or right of the coach pitching.
6. The 4 outfielders should be in the grass or at an agreed upon distance from the grass when playing on a bigger field.
7. The play is stopped when the ball is secured in the infield. If a base runner has already made the turn to the next base they can continue to run to the next base.
8. If the ball hits the coach the play is dead, players get next base
9. 2 coaches may stand in the outfield to instruct the fielders for the first 2 weeks of the season only.
10. Coaches cannot touch a player or the ball to assist in the play.
11. No infield fly rule
12. Double plays are allowed and encouraged

*No parents are allowed to sit behind home plate in the area between the fields at the Amherst Junior High Fields

