



Frankfort Baseball, Inc.

P.O. Box 261, Frankfort, IL 60423
www.frankfortbaseball.com



Instructional 7 League Rules

Directors of Instructional 7 League:

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The following Rules apply to all Instructional 7 League games. All other Rules governing Frankfort Baseball are contained in the Official Pony League Rule Book.

1. A game shall consist of four full innings with no extra innings. The "Home" team shall take their at-bats in the bottom half of the 4th inning because no score is to be kept. On days where two or more consecutive games are scheduled, a two-hour time limit will be imposed on each game played.
2. Continuous Batting Order. That is, each player will bat his respective turn, whether he is playing a field position or is a reserve during any given inning.
3. Each Team will use four Outfielders who must be positioned at least on the fringe of the outfield grass.
4. The game is to be umpired by the Coaches.
5. Bases will be 50 feet apart. The pitching distance shall be 35 feet from pitching rubber to home plate.
6. No score is to be kept and/or announced to the Players.
7. Pitching Rules
 - 7.1. During the first half of the season, Coaches will pitch to a continuous batting order. Each player will bat before the side is retired, regardless of the number of outs made.
 - 7.2. During the second half of the season, Coaches will pitch the first two innings, and Players will pitch the third and fourth innings. Players will pitch to a continuous batting order until:
 - 7.2.1. There are three outs
 - 7.2.2. All batters have batted
 - 7.3. Balks will not be called.
 - 7.4. When a Player is pitching, balls and hittable strikes will be called by the pitcher's Coach from behind the pitching mound area.
 - 7.5. Strike outs are allowed at this time.
 - 7.6. Walks will not be allowed at this time. If a player pitcher issues 4 balls to the batter, the batter will then be given 5 hittable pitches by a coach, after which they will be allowed to hit from a tee or soft-toss until the ball is put in play.





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- 7.7. A pitcher will be warned after hitting 2 batters, and will not be allowed to pitch after hitting 3 batters.
- 7.8. No pitcher will be allowed to pitch more than one inning per game.
8. The Fielding Team Coaches shall position themselves behind their Pitchers and Catchers while the players are pitching. The "Pitching" Coach shall be allowed to instruct his Pitcher and shall be responsible to umpire and call balls and hittable strikes. The "Catching" Coach shall be allowed to instruct his Catcher and shall be responsible for obtaining errant and/or missed pitches and throwing them back to the pitcher in order to speed up play. An outfield coach is also allowed to assist in instructing and positioning players.
9. There will be no strikes, balls, walks, or strike-outs called when pitches are thrown by a Coach. The boys must hit the ball playable. Each batter will be given 7 pitches, after which they will be allowed to hit the ball from a batting tee or soft-toss pitches.
10. The ball must be hit 15 feet beyond home plate to be playable when pitched by a Coach. When a Player is pitching the 15 foot rule does not apply
11. Runners will not advance once the ball is within the dirt portion of the infield, and is under control by a Fielder during innings where Coaches are used as Pitchers. (Note: Fielder can be either an Infielder or Outfielder). During innings that are being pitched by Players, the Runners will not be allowed to advance once the ball is within the control of the Pitcher. However, stranded Runners are at their own risk of being tagged or thrown out by the Pitcher.
12. Overthrows: Runners do not advance on an overthrow at either first or third base.
13. There will be no stealing and no lead-offs. A runner may not advance during a passed ball, wild pitch or dropped pitch.
14. Runners on third base may only score from a batted ball, a forced walk while the bases are loaded, or on an overthrow. Runners are not allowed to steal home.
15. Each boy shall play a field position a minimum of three innings per game. There will be Free Substitution of Players with the exception of the Pitcher.
16. Managers announce their final Batter to the opposing Team. The final batter will advance on a hit in the normal manner. Play is stopped and the side retired when the final batter or any base runner is out, or the defense controls the ball in the infield.
17. Bats may have a **maximum** 2 ¼ inch barrel for all material except wood. A wood bat may have a maximum 2 3/8 inch barrel due to variance of the manufacturing process.
18. No metal cleated shoes are permitted in practice, games, or tournaments. Some removeable cleats are made with a rubber coating over the metal cleat. These are also prohibited. Only rubber/plastic soled and cleated shoes are permitted.





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- 19. WEATHER**-Both managers, coaches and umpires need to be aware of lightning, whether lightning devices detect it or not. If lightning (flash or streak) is seen in the area, play will be suspended until there has been no presence of lightning for 20 minutes. **IF IN DOUBT, SUSPEND PLAY.**

