



Bridgewater Little League Instructional League 7 Year Old Rules

2019

Revisions approved by BLL BOD on 4/10/2017

Below are Bridgewater Instructional League 7 Year Old local rules which supersede the official Little League rules. Should there be any discrepancy between the "Instructional League 7 Year Old Rules" and the "Local Rules" the Bridgewater Little League Local Rules will take precedence.

1. The following Local Rules shall be followed: #1, #2, #3, #6, #7, #8, #9, #10, #14, #17 and 18.
2. Safety and instruction have priority at all times.
3. The purpose of the Instructional League is for instructing and teaching baseball. Emphasis on winning is not necessary at this age. Emphasis on teamwork and trying your hardest is what should be encouraged.
4. Player mistakes will be common and must be expected. Teaching, encouragement and praise produce improvement. Criticism, sarcasm or intimidation is counterproductive. Managers shall not have unrealistic expectations of performance or behavior.
5. As this is an Instructional League, standings (wins and losses) will not be kept.
6. Games shall consist of a 1 hour and 45 min. time limit, including warm-ups. Teams should be able to complete 3 innings within a game block.
7. Defense fields the entire team, with a maximum of 6 players on the infield. One outfielder may be positioned in the outfield behind second base. Two adult coaches stand behind shortstop and the second baseman to provide guidance to fielders.
8. No player may play a "skill" position for more than one inning per game. Skill positions are defined as pitcher, first base and third base. (Note: They can play all three in a game, just not at the same position the entire game).
9. On defense, player positions must be rotated during each game and every player must play at least one inning in the infield each game.

Safety and Equipment

1. The field and adjacent ground shall be kept clear of all equipment.
2. Batters must wear helmets with fixed face masks.
3. Appropriate helmets shall be worn by batters, runners, and catchers. No on deck batters shall be allowed under any circumstances!
4. Players idle or waiting to bat shall stay on or behind the bench and away from the swing of the batter.
5. Hitters who, upon swinging, throw their bats shall be warned against such action by the



coaches.

6. Infielders are to be instructed not to position themselves where they will interfere with the base runners.
7. Players shall wear their provided team uniform: team shirt, team hat, team pants (no shorts are allowed).
8. Only coaches and players are allowed in the bench area during games.
9. **Point of emphasis:** All male players must wear a protective cup (in accordance with Official Little League Playing Rule 1.17).

Playing Rules

1. Brief time-outs are allowed for managers/coaches to instruct players.
2. There is no stealing or leadoffs. A player must not leave the base until the ball is hit.
3. The infield fly rule is not in effect
4. If a fly or pop-up is caught the batter is out, the ball is dead, and no runners may advance. No tagging-up or double plays may occur on this play.
5. Coaches will pitch to their own team. After the pitch is made the coach becomes an impartial observer. Each team will bat through the roster of players in attendance (each team may or may not bat the same number of batters, depending on how many players are present for each team). No bunting or half swings are allowed.
6. **Each batter shall have a 6-8 pitch limit. The batter may go to 1st base after the pitch limit.**
7. Outs will be outs, but the inning will continue until all players bat one time. After 3 outs, bases will be cleared of runners.
8. There are no strike outs, and balls and strikes will not be called (no umpires). The objective is to get the ball in play.
9. Base paths shall be 60 feet. Pitching rubber shall be 40 feet.
10. Batters shall bat in rotation according to a predetermined batting order. After each inning the batting order should be flipped to allow players to either leadoff or become the "Last Batter". Each player will advance one spot in the batting order each game.
11. Adults shall coach bases runners from the first and third base coaching boxes, no players are allowed to coach.
12. When the ball is in play, in fair territory, runners are encouraged to take extra bases.
13. Except for the last batter in an inning, play is stopped when:
 - a. A ball is thrown into foul territory by a defensive player.
 - b. A ball overthrown into the outfield from the infield.
 - c. A ball having been thrown towards the infield after a hit ball into the outfield.



14. "Last Batter" must be announced as that player steps to the plate.
15. Defensive coaches are not permitted to touch a live ball, or to physically assist a player.

7 YO Instructional Player Pitch Rules

1. Players will pitch to the opposing team starting after Memorial Day. Each pitcher will have 4-6 pitches per batter (per coach's discretion).
2. After the 6th pitch, a coach will finish pitching to the batter. **Each batter shall have a 10 pitch limit. The batter may go 1st base after the pitch limit.**
3. As with Coach Pitch, there are no strikeouts.
4. Coaches are encouraged to use two players to pitch and split the innings to allow more opportunities for players to pitch during this portion of the season.
5. A player may not pitch more than 50 pitches in an outing. (*Equipment Note: Coaches must be provided with Pitch Counters*)
6. Managers must adhere to the following Pitchers Days Rest Table for their players:

If a player pitches this many pitches in a day...	Calendar days of rest must be observed
36-50 Pitches	2 days
21-35 Pitches	1 day
0-20 Pitches	0 day

7.

Field Maintenance

1. The Home Team is responsible for the field equipment, getting and returning the bases and supplying the game ball.
2. Upon completion of the game each manager is responsible for the cleanliness of their bench areas.
3. The last teams scheduled to play on a particular field for that day will be responsible to return all equipment (i.e. bases, etc.) to equipment shed.