

ROOKIES COACH PITCH LEAGUE RULES
Kindergarten & 1st Graders
Revised February 2026 by SLYAA Rules Committee

The following rules, as adopted by the Lake Park Little League, Okoboji Youth Little League and Spirit Lake Youth Athletic Association, are intended to protect the safety of players, promote fast, fun play, and prioritize the fundamentals of baseball and softball.

Rookies Coach Pitch is offered to all Kindergarten & 1st grade eligible athletes. Teams will be **Co-ed**.

Have Fun! This level is intended to build a foundation of enjoyment in the game, encourage development of basic skills and introduce players to concepts of the game.

1. GAMES:

- a. All games shall adhere to a 1-hour time limit.
- b. Games will consist of 3 innings with each team having 3 turns at bat.
- c. No score will be kept.
- d. Coaches will encourage offense and defense to transition sides quickly to keep the game moving

2. EQUIPMENT:

- a. Bases shall be set at 45 feet
- b. Soft core baseballs will be used.
- c. Official Tee Ball level bats are recommended for use
- d. All batters/runners are required to wear helmets while on the field
 - i. Facemasks are encouraged but not required
- e. Cleats (if worn) must be molded plastic or rubber.

3. OFFENSE:

- a. As a developmental league for beginning players, coach pitch is encouraged for all offensive players. There shall be no pitching machine. The offensive coach has the option to pitch to his/her batters and may do so either overhand or underhand from the proximity of the pitching rubber.
- b. Coaches will be allowed 3 pitches to each batter. If a batter has not successfully put the ball in play after 3 pitches, the batter must hit from the tee.
- c. After 3 swings off the Tee without successfully putting the ball in play, the batter shall be considered "out".
- d. All batters will have an at bat each inning regardless of the # of outs earned by the defense.
- e. Runners can advance multiple bases on a hit but not on overthrows.
- f. An offensive player who makes an out shall be declared out but may remain on base to run bases.
- g. No leading off or stealing

4. DEFENSE:

- a. All defensive players may play the field at once. Please space players appropriately, limiting infielders to 5 players.
- b. The defensive position of “pitcher” must be positioned on or to the side of the pitching rubber and shall not encroach on this distance until the batter has hit the ball.
- c. There will be no defensive position of “catcher”, rather an adult will manage the offensive “at-bat”.

5. COACHES:

- a. Teaching the basic rules and concepts of the game, including safety, shall be emphasized.
- b. Coaches shall be allowed to coach on the field but should place themselves beyond the infield base paths in an outfield position prior to the “ball on tee” announcement.

6. SPORTSMANSHIP:

- a. Players & coaches shall shake hands at the conclusion of the game.
- b. All players, coaches, and spectators are encouraged to observe the rules of the game and display good sportsmanship at all times.

7. Because it is worth repeating: Have Fun! This level is intended to build a foundation of enjoyment in the game, encourage development of basic skills and introduce players to concepts of the game.

Cancellations Due to Inclement Weather:

In the case of inclement weather all teams and players will be notified via social media, text alert, or may contact their local designated League Official for updates and details. Each League (Spirit Lake, Lake Park, and Okoboji) shall be responsible for canceling the games on their fields only! It should not be assumed that games canceled in one town mean canceled in all towns.