



AA – Best Practices & Rules Summary



“The objective of the HLL shall be to implant firmly in the children of the town, the ideals of good sportsmanship, honesty, loyalty, courage, respect for authority, baseball skills, and a love for the game so that they may be well adjusted, stronger, and happier citizens and will grow to be good, decent, healthy, and trustworthy citizens with an understanding of and interest in baseball.”

Communication:

- Coaches should send out weekly email to parents to remind them of the week ahead and determine attendance for the week.
- Coaches should have contact information for an adult responsible for each player during all practices and games.

Practice:

- 1 practice/week for 1 hour or more
- Routine is important: start each practice the same way (e.g., run, stretch, throw), before moving into infield/outfield drills, batting, baserunning.
- Use multiple stations, with 1 coach at each station, to keep players engaged and active.
- Explain rules and strategy during practice so that players understand what they are practicing and why. If scrimmaging or doing a modified scrimmage (e.g., teams of 3), make sure to stop and explain situations and defensive positioning.

Pre-game:

- Make batting line-up prior the game all players will be listed in batting order (use of continuous batting order in mandatory). If a player arrives late, they will be added to end of batting order
- Create positional roster for each inning prior to the game (need not be posted). Rotate kids through positions. Kids should never sit two innings in a row and should switch between IF and OF. If 12 players are present at start of game all players must sit 1 defensive inning, if 11 or less 6 players must sit 1 inning.

Batting

- THERE IS NO ON DECK CIRCLE – Do not have players warm up swinging a bat
- Innings are the earlier of 3 outs or 5 runs scored (no limit in last inning)
- Strikes will be called and a batter can strike out on a called or swinging third strike
- If batter gets hit with ball, they take 1st base
- Intentional bunting is NOT allowed first offense is a strike second offense is out.

AS A COACH, YOU ARE A ROLE MODEL FOR ALL PLAYERS, COACHES, AND SPECTATORS. YOUR DUTY IS TO FOSTER A POSITIVE ENVIRONMENT FOR THE KIDS TO PLAY BASEBALL. HLL HAS A ZERO TOLERANCE POLICY FOR ANY BEHAVIOR WHICH UNDERMINES THIS OBJECTIVE OF HLL.



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Pitching

- Fastballs only, no curveballs or sliders are permitted. On second violation pitcher will be removed
- Pitcher should start on rubber but may move up 3' closer to batter if struggling with command
- If a pitcher is removed from the game, they cannot return to pitching in that game and they can only be replaced by a player currently playing defense.

Pitch Counts

- League Age 11-12: 85 pitches per day + may finish the batter
- League Age 9-10: 75 pitches per day + may finish the batter

Pitcher Rest (Innings Pitched by Club Players Included in this Tally)

- 1. Greater than 66 pitches in a day, 4 calendar days of rest
- 2. 51 - 65 pitches in a day, 3 calendar days of rest
- 3. 36 - 50 pitches in a day, 2 calendar days of rest
- 4. 21 - 35 pitches in a day, 1 calendar days of rest
- 5. 1-20 pitches in a day, 0 calendar day of rest
- NOTE: No pitcher may pitch 3 consecutive days in a row regardless of their pitch counts. On the third visit to the mound in an inning or 4th total the pitcher must be removed

Fielding

- 10 kids maximum in field, 4 must be in outfield (in the grass, in RF, RCF, LCF, and LF).
- 2 innings for every player over 6 inning game of infield required and 1 inning within first 3 innings.
- Instruct players to not throw the ball around. Throw the ball to pitcher and all runners must stop
- Once the ball is back to the pitcher, any runners on base are frozen and must return to the base from which they came unless they have reached the next successive base by the time the pitcher has the ball
- Each player must play 4 defensive innings minimum.

Base Running

- No stealing or leading. There is no advancing on passed balls or wild pitches.
- Players may only leave the base after pitched ball has crossed home plate or upon contact
- Tagging up is allowed
- Base-runners may advance TWO bases on an overthrow
- Slide or avoid rule at all bases except 1st base. No headfirst slides unless returning to the base.

Coaching

- When team is hitting, an umpire will be calling balls and strikes.
- Both teams are collectively responsible for post-game field duties, including cleaning dugouts; raking, dragging, and watering pitcher's mound; raking infield; filling in any holes; other repairs.
- If after 4 complete innings of play, the visiting team is ahead by 15 runs or more, the home team concedes
- If after 3.5 innings the home team is ahead by 15 or more runs, the visiting team concedes
- Home team provides 2 NEW baseballs for each game and scoreboard