

# 2026 MAC League Coaches Meeting

Rookies Division

April 15, 2026





LANCASTER  
YOUTH BASEBALL AND SOFTBALL





# Summer & Fall Seasons

- The MAC league is also hosting a Summer and Fall league for all divisions of play!
- The rules will be identical to that of our spring season. This should help avoid confusion for players with different rulesets in the different seasons.
- In Summer & Fall Season, towns outside of the core MAC towns are welcome to participate. This means some additional travel, but more opportunities for the kids to play ball.



# Important Dates

- April 27                      Rookie Games begin
  - June 20                      All star game
  - June 21                      End of Rookie Spring Season
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- Rookie weekday games remain at 6pm.
  - Rookie weekend games start at either 3pm or 6pm.
  - There is no postseason play at the Rookie level.



# All Star Games – June 20th

- Majors-A Bolton @6pm
  - Majors North Groton @6pm
  - Majors South Maynard/Stow @3pm
  - Minors North vs West Pepperell @6pm
  - Minors South vs East Maynard/Stow @6pm
  - Rookies Townsend @6pm
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- The number of players sent per team is based on the end of season seeding. Each team will send 1 coach, and the top seeds will be the head coaches.
  - Players that are selected do not need to be the “most talented” players. Each town has their own selection criteria. Reach out to your local league for the criteria for your town.



# Games Not Played

- Games should only be rescheduled due to weather, not lack of players or a coach's conflict.
- Rainouts do not need to be rescheduled. We schedule enough games to ensure you get about 12-14 games per season.
- Home team is responsible for determining whether field is playable.
- Must contact opposing coach no sooner than two hours prior to game time if cancelled.
- If lightning occurs play is stopped until no further lightning is observed for at least 15 minutes.



# Field Information

- Make sure you understand the safety rules of the fields you are visiting. Their rules, regardless of the MAC or your local rules take precedent.
- Most fields do not allow dogs to be brought to their fields.
- No fields allow smoking, vaping, chewing tobacco or drug use.
- No alcohol is to ever be brought to or consumed at any of our games.
- If any rule is suspected of being broken, the umpire will put the game on hold until the offending rule is rectified.
- Treat all fields as if they were your own. Make sure to cleanup your dugout and your spectator area before you and your families leave.



# Season Goals

- The overall goal for the season is that the kids have fun and come back next year.
- The next level of play is Minors, which is competitive, and the kids are expected to come in understanding the rules and the basics of how to play.
- As many kids as possible should be taught how to pitch & catch. Unless a kid is adamant about not doing it, you should try to teach all your players.



# Games & Scoring

- The score should be kept, and a winner should be determined. Reasonably.... There are no records, no playoffs, etc.
- It is ok to wait a few weeks, but its important to be doing this by mid season.
- This is no longer t-ball, and kids needs to start learning about scoring.
- Games should go for at least an hour and 45 minutes. If you can get 12 innings in during that time, go for it. We have seen in the past people do 6 innings in 45 minutes and call it a night. This is a learning division, so give them as much opportunities as you can.



# Offense

- All bats must be USA Bat stamped.
- All kids should be wearing a helmet – facemask helmets are not required.
- All boys should be wearing cups/athletic supporters. It is important to get them use to wearing them now where the danger is lower.
- All kids will be in a continuous lineup.
- No “on deck” batters.
- Bunting is allowed – players should be taught both to bunt and to defend against a bunt.
- No stealing
- Sliding is allowed – very important to teach kids how to slide at this level.
- Players may advance up to 2 bases on a hit ball during the first half of the season, after the midpoint, they can advance any number of bases when the ball is hit to the outfield until the fielder throws the ball.
- There is no base advancement on errors.



# Pitching

- First half of the season, coaches pitch
  - A half inning ends when the entire lineup has batted once.
  - Each player gets up to 3 swings.
- Starting with week 5, players start to pitch – ***this is not optional.***
  - After 4 balls, swap to a coach to pitch that at bat. The player returns for the next batter.
  - A half inning ends when there are 3 outs, 4 runs, or the offensive team has batted through their lineup.
  - Strikes should be called by the coaches (be reasonable and flexible)
  - No more than 1 inning per player pitching.
  - If the kid cannot throw it over the plate, give them a chance, but be reasonable and take them out when called for.
- There are no walks



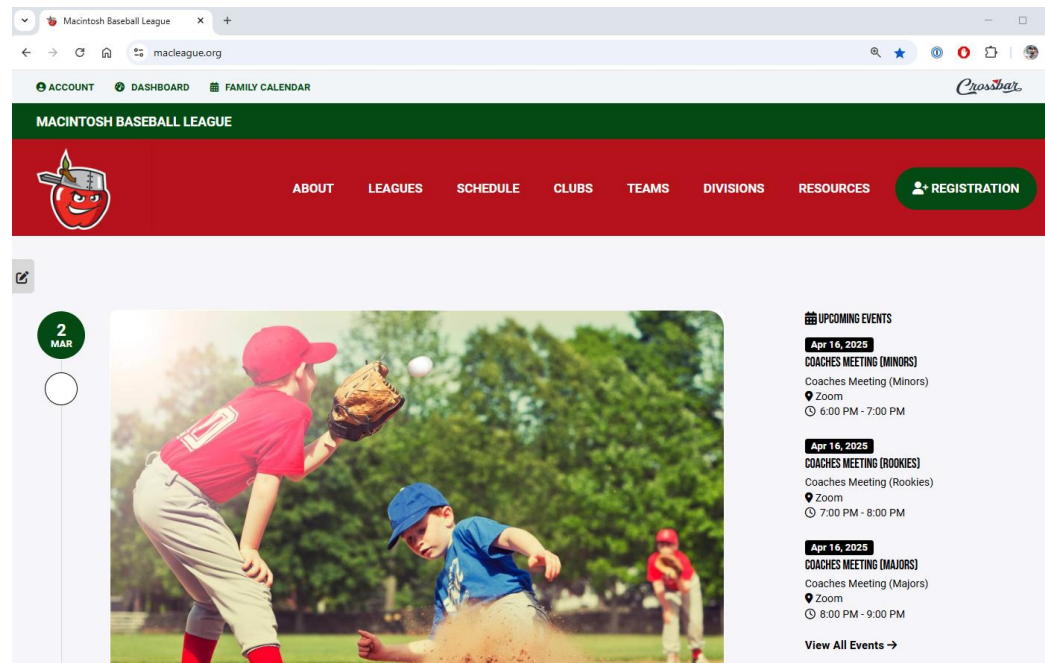
# Defense

- 10 Players on defense (4 outfielders)
- When a coach is pitching, a player pitcher should be next to him.
- Catchers should be suited up all season. You can take a few weeks if need be and have a coach do it in the very early season.
- Coaches are allowed in the field the entire season to help teach the kids how to play.



# Website Walkthrough

- <https://www.macleague.org>





Questions?