



Johnston Little League 7 YEAR OLD BASEBALL RULES

Revised 4/14/08

The general objectives are to introduce little league to the players, show them it is fun, teach good sportsmanship, and provide some instruction in the fundamentals of the game.

League Rules

- 1) Teams should be divided into equal numbers of players. It is suggested that these teams be loosely divided by neighborhoods. This will not only provide familiarity with some friends, but also can be helpful for parents needing to car pool. Special requests may be honored (IE: parents wanting to coach together, friends wanting to be on the same team, etc.). However, these requests should never be done in order to upset the balance of talent, nor should it affect the requirements for equal numbers listed above. There should be eleven or twelve players per team but not more than 13.
- 2) An equal opportunity should be given to each player to play all positions for an entire game (it is understood that there might not be enough games to fully complete this objective, but progress toward this objective is mandatory). All players play in the field on defense.
- 3) The batting order must rotate every game. Pitches should be limited to seven. The player will then hit off of a tee.
- 4) Coaches will pitch to the players. If a player is not able to hit a live pitch then a tee may be used.
- 5) Bases will be 60 feet apart.
- 6) Coaches are encouraged to be on the field to give instruction as the game goes on.
- 7) No games will be scheduled for Sundays, but it may be used for make-ups. Weekday games will be scheduled 6:00 PM or 7:15 PM. Weekend games should be played at 9:00 AM, 10:30 AM, 12:00 PM, 1:30 PM, 3:00 PM, or 4:30 PM.
- 8) Home team is responsible for field preparation.

Game Rules

- 1) No Score will be kept. No emphasis will be placed on winning and losing.
- 2) The game will consist of no more than 3 innings. No new inning may be started after 55 minutes of play.
- 3) Each player will bat each inning. Not outs will be kept. Each half inning will end when the last player on the team has their turn to bat.
- 4) A player who is out will return to the dugout and not continue on the bases. Coaches should only allow players to take bases that would normally be available in a real game. Players should not be allowed to run at will.
- 5) There is no leading off or stealing.

Safety Rules

- 1) The pitcher must be back to their position before each swing. No other defender may be within 40 feet of the batter.
- 2) The catcher must be well back of the home plate area, and must wear a helmet.
- 3) No on-deck batters.
- 4) Players on the offensive team must remain in the dugout.
- 5) Coaches only replace the ball on the tee.
- 6) Players should wear baseball or long pants at games.

A copy of these rules must be given to each manager.

NO changes may be made to these rules without the approval of the Johnston Little League board.