

**Athens Little League**

**Guidelines for Young Divisions**

**(Valley Rookies, Tee-Ball, Instructional)**

**Athens Little League Board Approved on March 4, 2018**

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# Valley Rookies

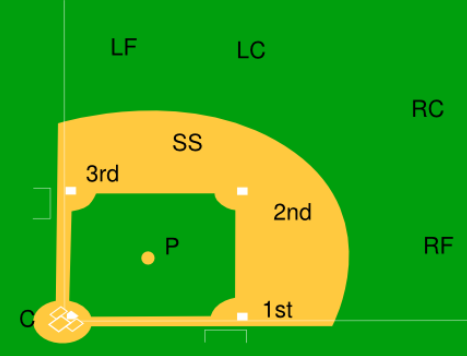
## Valley Rookies Specifics:

* Practice/Game Schedule
  + 1 weekday practice, head coach picks the day.
  + 1 weekend 2 inning game
* In-Game Rules
  + No live pitching is permitted, tee only.
  + Runners advance one base at a time.
  + Outs are not counted.
  + Team bats entire order, then sides switch.
  + Last batter runs a home-run and clears the bases.

# Tee-Ball and Instructional

For Tee-Ball and Instructional

* Practice/Game Schedule
  + Suggested 2 practices per week during pre-season.
  + 1 practice per week during regular season.
  + Regular season consists of 1 or 2 games, weekdays and/or weekends, schedule is provided.
* The In-Game rules change at the half way point of the season, date to be determined by the coordinator.
* The positions shall be as shown in the photo below (assumes at least 10 players).
* If less than 10 players, a catcher shall not be used.
  + For Tee-Ball, the Catcher in stands back behind the coach assisting at home plate, to catch throws coming home. This player must wear a batting helmet.
  + For Instructional the Catcher wears full gear and plays the “real” position with coach backing up to speed up throwing back to the pitcher.
  + If teams have 11 players, a 5th outfielder shall be added to center field.
  + If there is a 12th player, a 2nd pitcher is added, one each side of the mound.
  + **Players must be rotated through positions during the year to experience both infield and outfield, regardless of skill**.



## Tee-Ball Specifics:

* Suggested coaching guide:
  + <https://www.littleleague.org/downloads/tee-ball-program/>
* In-Game Rules
  + Entire Season
    - Runners can only advance one base at a time.
    - Outs are not counted.
    - Team bats entire order, then sides switch.
    - Last batter runs a home-run and clears the bases.
  + 1st half of the season:
    - Tee only
  + 2nd half of the season:
    - Coach pitch introduction
      * Coaches overhand pitch to all players, on one knee, from 35 feet (11 feet closer than the real mound)
      * Each batter gets 5 pitches. If the last pitch/swing is fouled, additional pitches will be granted. No limit on foul balls.
      * If the ball is not put in play within 5 pitches, a tee must be used.

## Instructional (Coach-pitch) Specifics:

* Suggested coaching guide:
  + <https://www.littleleague.org/downloads/coach-pitch-12-week-program/>
* In-Game Rules
  + 1st half of the season:
    - Coaches overhand pitch to all players, on one knee, from 40 feet (6 feet closer than the real mound)
    - Each batter gets 5 pitches or 3 strikes. If the last pitch/swing is fouled, additional pitches will be granted. No limit on foul balls.
    - If batter doesn’t hit the ball in 5 pitches or 3 strikes then the batter hits off the tee.
    - Teams bat thru the whole order before switching sides. Last batter does not hit an automatic homerun, they advance one base.
    - Batter and runners are permitted to take one extra base if a ball is hit into the outfield to encourage runners following base coach’s signals
      * Runners cannot advance on overthrows
    - Runners leave the base paths if the opposing team gets them out.
  + 2nd half of the season:
    - Fielding outs are counted, teams switch sides after 3 outs or batting once through the order (whichever comes first).
    - There are no strike outs, but balls and strikes will be called to get players used to not swinging at everything.
* Learning Objectives
* Correct base running (rounding vs. running thru)
* Watching coaches when advancing bases
* Determining balls vs. strikes
* Correct positions on the field

# Practice Locations

## School Grounds

Lynch Bustin Elementary School, 253 Pennsylvania Ave, Athens, PA, United States



## Valley Playland

Playland Dr, Athens, PA 18810



## Across the River

Kirby St, Athens, PA 18810

