



Attleboro Youth Baseball 2026 Rookies Spring/Fall Rules & Regulations

Rookies Division (Ages 7-8)

The Attleboro Youth Baseball League Rookies division is the final step in the AYB instructional program. Players will continue to improve skills and fundamentals while participating in more competitive games. Coaches should continue to encourage players, show sportsmanship, and set a positive example while making sure the game is fun for everyone participating.

ELIGIBILITY

Players must be registered with AYB to be eligible to participate.

ROOKIES DIVISION TEAM ASSIGNMENTS

1. 7/8U play on a 46/60 field
2. Rookies Division teams will consist of up to 12 players per team and be selected through a selection process run by league coaches, run by the Rookies Division Director and approved by VP the executive board.
3. Head coaches and assistants with children playing in the division will have their children assigned to their teams.
4. Reasonable requests will be honored regarding placing certain players together on teams.

GENERAL RULES

1. Under normal conditions, games will start no later than 5:45pm. Players are expected to arrive at the field at least 20 minutes before the scheduled start time.
2. Players must wear full uniforms. The Attleboro Youth Baseball League will supply each player with a cap and tee shirt depicting the team name. Both items are the players to keep at the end of the season. All players are required to wear gray baseball pants (pants are the responsibility of the players and will not be provided by the league).
3. Any player who is warming up a pitcher must wear the catcher's headgear and be
4. wearing a protective cup.
5. Protective cups are strongly recommended for all players and are mandatory for catchers.
6. No metal spikes are allowed to be worn by any player, coach, or other on-field personnel.
7. Each player is to provide their own protective batting helmets and bat. Catchers equipment is provided by AYB to coaches for use during the season and must be returned at season's end. On-deck batters must wear a protective helmet. AYB strongly recommends that players wear a helmet with a protective facemask or c-flap.
8. Once a game is started, the coaches are in complete control of the game. Local ground rules will apply.
9. NEW game balls to be provided by the home team from those provided to coaches by AYB. If additional balls are needed during the game, previously used game balls may be used, as

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long as both coaches and umpires agree that their condition is acceptable. **Rookies will be using Diamond DLL-1 baseballs for the 2025 season**

10. Official Little League rules will apply in all other aspects of the Playing Rules.

REGULAR SEASON GAME RULES

1. All games are limited to six (6) innings. In the event of a tie game during the regular season, extra innings will not be played; the game will end in a tie. During playoffs, extra innings will be played to determine the winner of the game.
2. There are no weekday game curfews in Attleboro Youth Baseball. All games will be played to completion unless called due to inclement weather or darkness as deemed a safety issue by the umpire.
3. Scheduled games resulting in rainouts and postponements will be rescheduled on their original field with the following guidelines:
 - a. Rescheduled games should be made up in the same week, if possible.
 - b. Should any problem arise in rescheduling, the Rookies Division Director will make the final decision on the timing of the game.
 - c. Rookies Division Director will contact the Umpire-in-Chief to have umpires assigned.
4. While the score will be kept, there will be no standings for the regular season; it is to be played at the instructional level.
5. The manager or coach should inform the team of the score at the end of each game.

PLAYING TIME

1. Managers must rotate players between defensive positions. All players must have equal defensive playing time throughout the regular season and playoffs. Players must play at least four (4) defensive innings each game.
2. Free defensive substitution. Any player may re-enter the game at any defensive position, except a player who has pitched, may not re-enter to pitch
3. All players present at each game must be included in the batting order.
4. ***The following rule applies to regular season games only (not applicable for playoff or championship games)*** – All players present must play at least one inning in the infield each game. No player may play the same defensive position for more than three innings per game, with the exception of Pitcher and Catcher.

BATTING / BASERUNNING

1. Only bats (USA or Wood) and balls approved by the Attleboro Youth Baseball League may be used. All non-wood bats must have the USA Bat marking. The barrel maximum is 2 5/8". No BBCOR or USSSA bats are permitted in the Rookies Division.
2. Batting helmets must be worn by the batter and the on-deck hitter during game & practice. Use of a C-Flap or cage is strongly recommended.
3. Only four (4) runs will be allowed to score in one inning, with the exception being the 6th inning (or last inning to be played), to be determined by both coaches and umpires, there will be no run limit.
4. Bunting is permitted, but no slash bunting is allowed.
5. On an overthrow to first base, a runner may advance only one base.

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6. On an overthrow to any other base, the runner may keep advancing.
7. Each base runner is allowed to steal one base per their at-bat. There will be no advancement allowed on an overthrow by the catcher to second or third base. If a player advances one base on a passed ball by the catcher it shall be considered a stolen base. No double steals shall be allowed. There shall be no stealing of home plate.
NOTE: Baserunners are not permitted to continue to second base after a walk.
8. Sliding headfirst is not allowed, runners will be declared out. Players are allowed to slide headfirst if returning to base.
9. Delayed steals, of any base, are not allowed. **NO STEALS OF HOME ARE ALLOWED.**
10. No base runner shall continue to advance once an attempt has been made by a fielder to mound the ball. If the runner has already begun to advance to the next base prior to the fielder throwing the ball toward the mound; the runner may continue advancing. This will be solely within the discretion of the umpire. The ball need not be actually received by the pitcher; merely an attempt to throw to the pitcher while s/he is on the mound is sufficient to halt further advancement of the runner.
11. When a baserunner is running toward 2nd or 3rd base, and the fielder for that base has the ball, the baserunner must slide or avoid contact with the fielder. If a baserunner does not slide and makes contact with the fielder, the baserunner shall be declared out. If the runner doesn't slide and there is no contact, the runner will be declared safe. (Umpire's Discretion)
12. When a baserunner is rounding third base and is heading for home plate, he must not barrel over the catcher in order to score. The baserunner must avoid a collision with the catcher if the catcher is defending home plate with the ball. If the catcher is about to receive the ball, the baserunner must slide into home plate. If the catcher is running up the third base line in order to receive the ball, the baserunner has the right to attempt to score standing. If the base runner does not slide and there is no contact, the baserunner will be declared safe.

DEFENSE

1. Defense will consist of a maximum of ten (10) players, four (4) outfielders, four (4) infielders, a pitcher and a catcher.
2. Every outfielder must be positioned at least 20 feet behind the outer edge of the infield dirt at the start of every pitch.
3. Only four (4) runs will be allowed to score in one inning, with the exception being the 6th inning (or last inning to be played), to be determined by both coaches and umpires, there will be no run limit.
4. The infield fly rule will not be called.
5. No batter advancement on a dropped third strike is permitted.
6. Hidden ball tricks are not permitted.
7. Appeals must be made in a legal manner (as defined herein). An appeal will be considered a dead ball play and no advancement of baserunners will be allowed. An appeal must be made verbally to the umpire. The ball must be live to make an appeal. Once the appeal is made, it is then considered a dead ball play.

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PITCHERS / PITCHING RULES

1. Coaches will pitch or use the pitching machine for the full game during the first 4 games of the season. First 4 games are 100% coach pitch – 5-6 balls per kid (use judgement) then it's a strike out.

Note: Coaches must pitch from their knee (pads provided) or a ball bucket (In shed), no coach is to pitch from their own height downhill.

2. **Game 5 – 10 will move to kid pitch.**

- a. Kid pitches to a walk or no more than 7 pitches per batter then a coach steps in to move the game along. *NOTE: Pitchers can throw a maximum of 7 pitches per batter before being replaced by the coach to pitch the remainder of that batter. The pitcher resumes with the next batter.*
3. Please follow pitching guidelines in order to protect the kid's arms and to also get all the kids an opportunity to pitch
 4. All players are eligible to pitch; however, a player removed as a pitcher may not pitch again in the same game. (8's will take preference to prepare for possible summer ball)
 5. Pitch counts will be used during the regular season and playoffs (no exceptions). All teams will be provided with pitch counters. All teams/managers are required to keep pitch counts for all pitchers and must report counts with their game scores to the Rookies Division Director. Opposing coaches to compare pitch counts each half inning for accuracy.
 6. The following grid will define the Pitch Count regulations. Please note if a pitcher reaches their daily pitch count while facing a batter, the pitcher may continue to pitch until one of the following conditions occurs:
 - a. The batter reaches base;
 - b. The batter is retired;
 - c. The third out is made to complete the half-inning or the game.

Age	Daily Max	Required Rest (Pitches)				
		0 Days	1 Days	2 Days	3 Days	4 Days
7/8	60	1-20	21-35	36-50	51-60	61+

NOTE: A player throwing 66+ pitches on Friday must not pitch again until Wednesday.

7. Pitches pitched in a game declared “No Contest” (e.g. rainouts, darkness, etc.) will be considered pitches pitched against that player’s eligibility.
8. Failure to comply with this pitching rule will result in game forfeiture and the Manager may face disciplinary action.

NOTE: It is strongly encouraged that parents and coaches communicate during the season to review the player's participation outside of AYB (when he/she pitches and how many pitches are being thrown) to ensure player does not pitch too much in the Spring.

9. If a pitcher is obviously wild and endangers other players, the umpire may use his or her discretion in removing that pitcher. If a pitcher hits two (2) batters in one inning, the umpire shall issue a warning. A third hit batsman in the same inning will be the cause for the pitcher’s removal from the mound. If he/she makes it out of the inning with two (2) hit batters the pitcher can continue pitching. Once he/she hits a 4th batter for the game, the pitcher MUST be removed.

10. During the regular season, if a pitcher is having trouble reaching the plate, it is permissible to move the player a maximum of 18 inches closer to the plate. For the safety of both the batter and the pitcher, this rule must be strictly adhered to by all coaches

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without exception. If a pitcher is capable of reaching home plate from the pitcher's mound, then he or she must pitch from the rubber.

11. During the playoffs all pitchers must pitch from the rubber. It is the coach's responsibility to comply with all pitching rules. Failure to do so may result in forfeiture of the game.

12. No curve, slider or any pitch where the wrist breaks. Knuckle balls and change ups are OK.

CHAMPIONSHIP SERIES (PLAYOFFS) - **TO BE DETERMINED**

1. At the end of the regular season there will be a single elimination playoff tournament culminating with a championship game. All teams will qualify for the playoffs. If necessary (due to inclement weather or other factors) the current playoff format may be altered at the discretion of the League Director with approval by the AYB Board of Directors.
2. There will be no standings kept during the regular season, as the primary goal is instructional for these age groups. At the close of the regular season, each team will be randomly assigned a number selected from a hat; numbered 1 through 10. Those selected as numbers 1 & 2, will have a bye in the first round. The rest of the playoffs will proceed in the below format; home team will be the lower assigned number in any given matchup:
 - a. Game 1 – 7 vs 10
 - b. Game 2 – 8 vs 9
 - c. Game 3 – 4 vs 5
 - d. Game 4 – 3 vs 6
 - e. Game 5 – G1 winner vs 1 Game
6 – G2 winner vs 2
 - f. Game 7 – G3 winner vs G5 winner Game
8 – G4 winner vs G6 winner
 - g. Game 9 – Championship – G7 winner vs G8 winner
3. The championship game must be played in its entirety. If the game is suspended for any reason, it will be resumed from the exact point of suspension.
4. A Protest Committee must be present at the championship games to address any and all protests that may arise during the game(s). The Protest Committee will immediately rule on any protest, and all decisions will be final. The Protest Committee shall consist of three (3) non-partisan board members. The Umpire-in-Chief cannot be on the Protest Committee.

CONDUCT TOWARD UMPIRES **(Junior UMPIRES IN USE FOR PLAYOFFS ONLY TBD)**

1. If, in the determination of the home plate umpire, he/she or the field umpire is being harassed by a manager, coach, player or fan, he/she will stop the game and call both managers to home plate. At this time, he/she will warn BOTH MANAGERS that any further harassment by either team's managers, coaches, players or fans will result in the end of the game. THE WARNING WILL BE RECORDED IN THE SCOREBOOKS OF BOTH TEAMS.
2. If the umpire declares the game over, it will be an automatic protest. Both managers and the umpire must submit a written incident report to the Rookies Division Director. The Protest Committee shall determine a place and time where the managers and umpires shall meet with them to resolve the issue.
3. If, in the determination of the Protest Committee, one (1) manager or team was wholly responsible for ending the game, that team shall lose by forfeit, the final score being 6-0
4. If both teams are determined to be equally responsible, the game will be a loss for each team. The game will not be made up.
5. If the Protest Committee determines that the umpire indiscriminately or unjustly ended the game, the game will be rescheduled starting at the point of the original warning.
6. The Protest Committee will file a written report with the Board of Directors who shall determine if any disciplinary action will be taken against any of the parties.

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PROTEST POLICY

1. Should a protest of a game be registered, the umpire must be informed at the time of the protest. He/she will make a notation in each scorebook at the time of the protest and sign it.
2. The protest will be registered by the protesting coach in writing within twenty-four
 - a. (24) hours with the Rookies Division Director, who will inform the Protest Committee.
3. The Protest Committee shall consist of three (3) non-partisan current board members. The Umpire-in-Chief, as well as the Rookies Division Director (as applicable) cannot be part of the Protest Committee due to potential conflicts of interest.
4. To file a protest, all of the following must be considered:
 - . Violations must be confined to acts committed on the field or for ineligible players.
 - i. No protest will be honored on judgement calls (i.e. safe/out, plate calls, balls/strikes, foul balls, etc.)
 - ii. Violations must be reported within twenty-four (24) hours of the violation, in writing, to the Rookies Division Director.
 - iii. The Protest Committee will determine the result of the protest within forty-eight (48) hours – THE RESULT WILL BE FINAL.

ALL-STAR SELECTIONS – **SPRING SEASON ONLY**

All-Star Team Selection

1. Head coaches will be selected prior to the player selection process - Must have been a head coach in the division. Anyone wishing to be a head coach will appear before the board. They will be asked a series of questions and be voted upon by the board.
2. Assistant Coaches – Must have coached in the division.
3. Minors Division Director and AYB League VP, Secretary and President will preside over the all-star selection process.
4. All players who have attended at least 75% of the regular season games for their spring rec teams, at the time of the all-star selection meeting, are eligible for all-star consideration.
5. The number of AYB all-star teams fielded will be determined by the number of balloted players, with each team consisting of no more than twelve (12) players per team.
6. Ten (10) players are chosen through the voting process by division coaches, and the head coach has the option to select the final two (2) players.
7. Hockomock All-Star team player selection will be through the following process:
 - All-Star Team Selection Process:
 - The number of All-Star teams and division to be placed and entered into the Hockomock league will be discussed with the President, VP of little league, Minors Director and Hock rep.
 - On a secret ballot, each coach in attendance votes for the twelve (12) players they feel most worthy to play on the American All-Star team.
 - The Rookies Division Director tabulates and reads the results of the vote.
 - All players appearing on 100% of coach ballot will be added to the roster.
 - In subsequent rounds, each coach votes for players equaling the number of open roster spots remaining on the team (i.e. if 5 roster spots remain, each coach will vote for 5 players that round)
 - The process continues until 10 players are selected to the All-Star Team.
 - At this point during the meeting, the head coach selects the final 2 players.
8. The team roster must be finalized on draft night – **NO EXCEPTIONS.**
9. In the event there is no coach or assistant available from the division to coach, the executive board will call a meeting to discuss the best course for the team and players. This will also

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be viable if there is not enough for a full roster of players.

10. If the event there are not enough All-Star players for the 8's and 7's a decision can be made to bring up available 6's. The executive board will call a meeting to discuss the best course for the team and players before the decision is made. Remaining players can be invited to play in the friendship league for Hock if there are coaches and enough players.
 11. Players chosen for the All-Star team will have 24hrs to accept and pay for registration. After that time another player may be chosen to fill that slot
- ☒ Please refer to the Code of Conduct policy on attleboroyouthbaseball.com < rule book < code of conduct policy' for details on Attleboro Recreation Department's policies regarding parent/children behavior and responsibilities while utilizing Attleboro fields and facilities.
 - ☒ No smoking or alcoholic beverages are allowed on any playing field during games or practice.
 - ☒ It is the coach's responsibility to teach, encourage, show sportsmanship and fairness to all involved. The example you set as a coach will be an important one for the players to follow.



**THE ATTLEBORO YOUTH BASEBALL LEAGUE
THANKS YOU FOR YOUR CONTINUED
EFFORTS AND SUPPORT OF THE BASEBALL
PROGRAM!**