



INSTRUCTIONAL Division RULES

1. It is the purpose of the Bedford-Pound Ridge Instruction League program to provide a positive baseball experience for new players who are in kindergarten. Subject to the decision of the Board of Directors, older players may be required to play one year in Instructional League if they have no prior organized baseball experience. The league is intended to be instructional and non-competitive. Coaches should strive to teach the fundamentals of the game of baseball including throwing, catching, base running, hitting and rules of the game. It is particularly helpful to demonstrate proper technique to players who are learning at this early age.
2. Coaches to follow 10-week Little League Tee Ball program in this link: <https://www.littleleague.org/downloads/tee-ball-program/>
3. Pitching is not used since the age of the player generally prevents this. A tee should be used in hitting. If a player progresses, the coach of the team that is hitting may pitch in a manner that is consistent with the skill of the individual player attempting to hit the ball.
4. Game situations should be followed where possible. Defensive players should be positioned in the traditional places of infielders and outfielders and the field should not be crowded with players. If there are more than 9 fielders, outfielders should be used. Players should be positioned at the proper location to play 1st base, 2nd base, shortstop and 3rd base and no additional infielders should be used. The catching position is usually occupied by a coach.
5. There shall be no walks and no strike outs. Generally, the manager or coach that is pitching also serves as the umpire that calls the plays in the field. The umpire should make clear calls on all plays and when a player is out it is important that the player be taught that sportsmanship requires that the player return immediately to the dugout. Often in this age group there can be emotional outbursts if a player is not "safe", but the game of baseball is an opportunity to teach that there are no gray areas in the rules and sometimes you are out even if you have hit the ball well.
6. Score shall not be kept under any circumstances.
7. The defensive team may have one coach positioned on the field to give

instructions regarding each game situation. The coach shall not, however, stop the play of the game to give instructions.

8. The game shall consist of 3 innings with the visitors batting 3 times and the home team batting 3 times. The usual rule of 3 outs does not apply. An inning consists of each player in the batting order hitting one time. The last batter for each team shall be the last player listed in the batting order.
9. All batters and base runners must wear helmets at all times. The baseball used is a reduced impact ball that is the same weight and dimension as a regular baseball. Players should be taught not to throw the bat after hitting the ball. As the season progresses, a batter who throws the bat should be called out.
10. As per Little League Rules, the **swinging of bats in on deck area is prohibited in all divisions. Bats should be kept out of the hands of all players except for the hitter.** Exception may be made during practice or instruction if there is direct supervision of each hitter such as in drills involving soft toss or a batting tee. All drills requiring a bat must include the player wearing a helmet. And in cases of tee work, heavy ball, soft toss, the player partner **MUST** wear a helmet as well.

GENERAL RULES OF DISCIPLINE AND CONDUCT

The following General rules are excerpts from the Little League Rule Book Rule Number

3:14 No equipment shall be left on the field either in fair or foul territory.

4:06 No manager, coach or player, shall at any time, whether from the bench or the playing field or elsewhere –

(2) use language which will in any manner refer to or reflect upon opposing players, manager, coach, an umpire or spectators.

BPRBA LOCAL RULES

- Any Player/Manager/Coach/Parent who, in the opinion of the Board of Directors, flagrantly violates the above rules (especially 4:06 and 4:08) will be reviewed by a committee appointed by the Board of Directors and issued a Warning. If the same person commits violations subsequent to the Warning, that individual, upon a decision by the Board of Directors, will be banned from participating in all Little League activities.
- Clean dugouts after each game.
- Players and coaches are the only people allowed in the dugout. No siblings, parents or friends allowed.
- Each team should have a team meeting with the parents before the 1st game to discuss discipline and conduct, including spectators.
- No smoking allowed in dugout/field areas.

Safety

USA stamped bats are only bats allowed for practices and games.

Link: <https://www.usabaseball.com/bats/>

Be prepared for any emergency in advance of all games and practices. Emergency medical services are available in the Village of Bedford and the Town of Pound Ridge.

Safety is a matter of ongoing concern for all Volunteers. This requires vigilance and firm discipline applied through positive reinforcement.

At the team level it starts with the manager and includes the coaches and parents. It may require a meeting with parents if there is a discipline problem. Certainly, the manager should stress with the players and parents what he expects when it comes to safety. This should include ongoing meetings and discussions with the team.

All accidents should be reported to the division director and the family should be supplied with a medical claim form. All league members are covered by medical insurance which is excess to the family's personal policy.

The rules of Safety which follow are for the benefit of the entire league. They should be enforced as they are in place for the protection of everyone. By following them, the managers' job becomes easier and players will develop good habits.

1. All equipment must be off the field while a team is at bat. Any area within the fence line or chalk line is considered the field of play whether fair or foul. (Rule 3.14)
2. No manager, coach or spectator may stand within the field of play, except if occupying a coaches box for the hitting team. The on deck batter is not permitted. (Rule 1.08)
3. All players, coaches and spectators should be alert for batted and thrown balls and be faced towards the area of play.
4. As per Little League Rules, **the swinging of bats in on deck area (or any area around the dugout) is prohibited in all divisions.** Bats should be kept out of the hands of all players **except for the hitter.** (Exception may be made during practice or instruction if there is *direct adult supervision* of each hitter such as in drills involving soft toss or a batting tee.) All drills requiring a bat must include the player wearing a helmet. And in cases of tee work, heavy ball, soft toss, the player partner **MUST** wear a helmet as well.
5. Helmets with face masks are recommended by all leagues at practice and games.
6. Periodical inspection should be made of the medical supplies located in the storage boxes at end of field. A medical kit and ice packs should be available there.

7. Each field will have rakes available to smooth surfaces and fill holes during the season. Regular inspection and repairs should be given by managers and coaches.
8. Managers are responsible to take precaution to avoid injury to batters being hit by pitch. Batters should be taught how to get hit by a pitch by turning away rather than opening up to face the pitch. Managers should remove pitchers who are excessively wild or who present a danger to the batter. Ultimately it is the umpire's discretion when to mandate that a pitcher be removed for wild pitches / hitting batters. There is no set number.
9. Injuries during games and practices from thrown and batted balls will be minimized if each player learns that there is "always something to do" during games and practices. Coaches should be sure the rule is followed.
10. Equipment inspection is essential. Broken equipment may be replaced by contacting the league equipment manager. All male players must wear athletic supporters. Metal cleats are not permitted.
11. Players in the field should be taught to avoid collision by calling for the ball and learning which position has priority where more than one fielder is calling for the fly ball. Example; shortstop catches pop ups behind third, first base man catches pop ups in front of home plate on first base side; an outfielder has priority over infielder.
12. Ball handling skills should be taught with drills to minimize injuries. Ground ball skills should be taught to all players utilizing proper technique to minimize injuries.
13. Players should be taught the importance of warm up before practice and games. Drills and warm up routines are available and should be utilized to prevent injuries and to develop good habits in a player.
14. Sliding should be practiced and taught using half speed drills, grassy areas and non- fixed bases. Sliding pads are recommended. Head first slides are not permitted, except returning to a base.
15. Injuries can be avoided to the batter by proper technique. Batters should be taught to stay in the batter's box and not lean into the strike zone. Proper grip when bunting and staying in the batter's box will reduce finger injuries. When the batter becomes a base runner he should be taught to run in foul territory to reduce the chance of being hit by a thrown or batted ball.
16. All runners should have an unobstructed path to a base (including h o m e plate). Defensive players are not allowed to block a base. However, an umpire can determine that a defensive player could not have fielded the ball without

blocking the pathway of the runner and that contact was unavoidable.

EQUIPMENT BOXES

Each field has an equipment box which contains, first aid kits, ice packs, batting helmets, tees, balls and training equipment. The home team manager is responsible for making sure that the field equipment is put away and the equipment box is locked at the end of the game. Please make sure that the equipment boxes/storage closets are locked before leaving the field.

