

# Rookie Baseball Cheat Sheet

- 6 innings, 90 minutes. Games should end by 7:45 PM.
- Use soft, compression tee-balls for games & practices.
- **Goal is to have batters make contact. Encourage use of foam bats or wiffle-ball bats.**
- **Pitch from any distance that allows batters to make contact, but always use an overhand throwing motion. Pitch from kneeling position if necessary.**
- 6 pitches max then allow player to hit from tee. If no contact after 3 swings on tee, batter is out.
- Unless 3 outs are made, entire batting order bats each inning.
- The final batter is entitled to a bases clearing home run.
- Innings 3-4 start with runner on 1B, innings 5-6 start with runners on 1B & 2B.
- No advancing bases on overthrows.
- 10 defensive positions – 4 outfielders.
- Pitcher position must wear protective chest gear.
- Change defensive positions each inning.
- Ask for parent volunteers for catcher position, 1B coach, 3B coach.
- **HAVE FUN!**