



FALMOUTH AAA Baseball Rules

AAA league is a developmental, instructional league intended to have the kids continue to learn the game of baseball and have fun. There are no official standings.

OFFENSE:

- Continuous batting order. All kids will hit. Only one bat in use at all times!!
- 3 outs switch offense to defense.
- If a team scores 6 runs OR bats through the batting order, that half inning is over and the other team bats.
- No leading. *Base stealing is allowed 1st to 2nd and from 2nd to 3rd on a pass ball only. **No stealing home.*** (no advancing another base on an errant throw). If a runner is caught leaving the base too soon he will need to return to his original base.
- No sliding into first base. No sliding head first into any base. If a runner does not slide when a defensive player is making a play (other than at 1st base) then the runner is automatically out.
- A runner may only advance from 3rd to home on a batted ball or hit batter with bases loaded.
- A runner may only take 1 base on an errant throw on a batted ball that is fielded and thrown.
- A batter may NOT run on a dropped third strike.
- No advancing on throws back to the pitcher from the catcher.

DEFENSE:

- 9 players play in the field. Other players should either be watching and learning or working with a coach on the side.
- In a 4 inning game, no player sits more than 1 inning. In a 6 inning game, no player sits more than 2 innings.
- It is recommended that every player play every position as equally as possible during the season. If a player or players parent communicates with the coach that the player chooses not to play a particular position that is fine. No player is allowed to play in the same position for more than two innings of each game. Moving an outfielder from left field to right field is not within the spirit of this rule. Outfielders must be moved to the infield.

PITCHING:

- It is strongly encouraged to allow ALL kids the opportunity to pitch. If a child or parent prefers not to pitch, that is fine and the coaches can work with that player in practices and on the side during a game in hopes of gaining the confidence and/or ability to pitch in a game.
- There are no walks in this league. If a pitcher throws four balls to a batter, a coach from the team that is batting will pitch until the batter puts the ball in play or strikes out.
- PITCH COUNT/INNINGS: No pitcher is allowed to pitch more than 2 innings and must adhere to the following pitch count rules/limits (each AAA head coach should have a pitch count clicker and designate one coach to track pitches):
 - *If a pitcher throws 66 or more pitches in a day, four (4) calendar days of rest must be observed.*
 - *If a player pitches 51 - 65 pitches in a day, three (3) calendar days of rest must be observed.*
 - *If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.*
 - *If a player pitches 21 - 35 pitches in a day, one (1) calendar days of rest must be observed.*
 - *If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.*

MISC:

- It is the responsibility of all coaches to provide a safe, enjoyable baseball experience for all players. If you see something that is unsafe, fix it before continuing with the game or practice.
- No one is allowed outside the dugout during the inning other than the defensive team, the base coaches, the hitter and base-runners (and coach pitching if pitcher throws 4 balls - see below under PITCHING).
- All players are required to wear a protective cup.
- While in the dugout, no climbing on the benches or fences AND no player may have a bat in their hand at any time except when preparing to leave the dugout for their turn at bat. This is a real safety issue and must be constantly monitored by coaches.
- When the fields are closed, the fields are closed. This decision will be made by the Town of Falmouth or Little League Board and must be adhered to by the coaches. The decision to close the fields will be posted on the town website and communicated via email whenever possible.

UMPIRES:

- If there is no league-assigned umpire, home team lines up umpire(s) and visiting team handles field maintenance after the game. Umpires are volunteers and need to be treated with kindness and respect. There should be NO complaining to umpires on balls and strikes, or any other calls.
- The strike zone will be defined as shoulders down to just below the knees AND 3 inches on either side of the plate. Umpires can stand behind the plate or behind the pitcher (wherever they feel most comfortable).

GAME TIME:

- Games are 2 hours. There needs to be allotted time for field maintenance AFTER the game and to allow the next teams on the field if there is a game after you. On weeknights, games start promptly at 5:30pm, no inning should begin after 7:15.
- On weekends, when there is a game following your game, no inning should start after 1 hour and 45 minutes has elapsed **from the scheduled start time of your game**. This means that you need to work to get your game started ON TIME. If you are late getting started DO NOT punish the teams that follow you by delaying their game. The games must stop 15 minutes prior to the start of the next scheduled game to allow for field maintenance, clean up and pick up and to allow the next teams to get onto the field for warm-up. PLEASE be courteous and thoughtful of others.

CONFLICT RESOLUTION:

- There should be no conflicts between coaches, parents, spectators etc. If you witness an unruly or aggressive person or potentially volatile situation (coach, parent, spectator, etc.) the head coach of the team with the unruly person should take charge and ask that person to stop or leave. If the unruly person is a head coach, then the umpire should ask the coach to stop and calm down. If that fails, end the game and report it to the Little League Board immediately. NO ONE should get into any type of conflict in front of the kids. STOP THE GAME.