

2015 Tualatin Single A Rules

District 4 Little League may decide to alter the rules at the Single-A level to benefit the Players. In order to participate in the Interlock, Leagues must comply with the Rules. While these are the Tualatin Rules because we do not intend to interlock outside of Tualatin, they are aligned with the Interlock Rules in place for the past several years.

- Target Ages: 2nd year 6 year olds and 7 year olds
- Team Formation: Players do not need to attend tryouts, friend/team requests will be honored if possible.
- Team Size: 9-10 players
- Equipment: Players bring Helmet, Bat & Glove. League can provide equipment for the player to borrow for the length of the season if needed. Our preference is that each player uses their own helmet.
- Playing Time: Equal over the length of the season, and playing same # of innings in the infield and outfield
- Home Team Manager is responsible for the safety condition of the field, making the call on rainouts, as well as raking and chalking the field prior to the game.
- Home Team provides 1 New and 1 Good Condition 11” Softie Softball
- Umpires will be Volunteers: Coaches may umpire at this level. Offensive team’s coach makes calls at the plate, Defensive team’s coach makes the calls on the bases.
- Coaches: The offensive team may have a maximum of 3 coaches on the playing field, 1st & 3rd Base Coaches, a Coach Pitching and helping to setup the Tee near home plate. The defensive team may have 1 coach in the Outfield to assist the players.
- Scorebook: No scorebook or score will be kept.
- Time Limit: No new inning after 1 Hour and 15 Minutes
- Run Limit: 4 per inning. Change sides on 3 outs or 4 runs.
- Pitching Distance: 35 Feet
- 11” Softie-Softball, 60’ Baselines, 8’ Pitchers Circle, 7’ x 3’ Batter’s Box (see Rulebook for placement)
- Number of Players: 10 – Extra Player Plays in the Outfield (Left & Right Center Field). May start game with 7
- Batting: Bat the Roster in order throughout the game
- Fielder Substitution: Unlimited
- Pitching: 5 Coach Pitches then bring out the Tee. If the 5th is fouled, they will get 1 more pitch. After the 6th the Tee is brought out regardless. If after 3 swings at the ball on the Tee, if the batter still did not hit the ball fairly into the field of play, the batter is out (no walks). To further clarify, if the batter swings at 3 pitches and misses they do not strike out – they get out after either the 3 swings on the Tee, or, if they get out on the bases.
- Player playing the pitcher position – must start in the pitching circle, to either side, and no closer than the pitching plate (or 35’)
- Coach Pitch: Please practice and learn to put enough on the pitches so that they come in level, pitches that loop or drop are much harder to hit than one that comes in level with a little more speed on it. Coaches should start with back foot touching the pitching plate. A simple technique is to get down on one knee to pitch.
- Player Pitch: During the last part of the season, if the coaches agree, we may introduce player pitch. Players would be given so many pitches and then the Coach would come in to finish.
- No Stealing or Bunting. No advancing to 1st if hit by Pitch during Coach Pitch.
- Overthrows: No advancing on Overthrows to start the season. During the last part of the season, if the coaches agree, we may introduce advancing (intended +1) on an overthrow.
- Base Running: Runners should stop at the intended or next base once the Defense has the ball. Please avoid ‘free running’ around the bases. Teams at this age will struggle to get outs, we want to encourage them to go after the ball and make the throw to try for the out.
- Catchers will wear the full equipment (mask, chest protector, and leggings).
- Batters/Runners must wear helmets any time they enter the field (come out from behind the dugout)
- Having fun is absolutely mandatory!

Coach, Parent and Player Conduct

No drinking of alcohol or use of tobacco products or illegal drugs will be allowed in the playing area. Unsportsmanlike conduct will not be tolerated. Each coach is responsible for the conduct of its coaching staff, players and fans.

Skills that Players & Coaches should be working to master at the Single-A Level:

- Pitchers: Introduction to basics, identifying players with potential.
- Catchers: Getting used to the gear, basic blocking, Throws to the Pitcher, and Covering Home when it is & is not a force.
- Batters: Waiting for a good pitch, Balanced Stance & Swing (Ready-Set-Go), Running all the way through 1st Base, Rounding the Base, Taking the next base (listening to Base Coach), Introduce Sliding
- Defense: 2nd & SS sharing 2nd Base, Outfielders backing up bases, getting the out at first, knowing where the play/force is
- Throwing: Progression – Wrist Flicks, Arm, Stepping into it, Backing Up.
 - Emphasis: Turn the ball around and push up (hit the Giant on the Chin), Arm at 90 degree angle when passing by the ear, wrist flicks downward (Monkey on the head). If the ball is by the ear or chin when they throw they can develop bad habits that are hard to break later. Also, players who learn to throw that way are more prone to developing shoulder and elbow problems.
- Fielding: Progression – Grounders, Glove Side, Non-Glove Side (sliding the feet). Pop-Flys – finding the ball on the tip of the glove