



Grove City Little League®  
3226 Kingston Ave, Grove City, Ohio 43123  
614-277-3050  
Weather Hotline: 614-277-3060



## Little League Minor 7-8

- I. General Personal Conduct Rules –Little League rules will be used except where noted herein.**
- a. **Grove City Little League has a ZERO-TOLERANCE POLICY that includes, but is not limited to, the following: fighting, physical contact, aggressive behavior towards coaches, fans, parents, players or other participants, belittlement of coaches, fans, parents, players or other participants and violations of safety, substitution and/or pitching rules. This type of behavior could result in indefinite suspension to a lifetime ban from Grove City Parks & Recreation activities.**
  - b. **If a coach, fan, parent, player or other participant is ejected from a Grove City Little League practice or game for ANY reason, that individual must leave the facility immediately, is suspended, and will not be permitted at any future practices or games until the Grove City Little League Coordinator or designee has reviewed the incident. The individual ejected, potential witnesses and the official(s) must submit an incident report form explaining the situation that resulted in the ejection. Based upon the information provided, the suspension may result in a minimum of a one-game suspension up to a permanent removal from all future league activities conducted by Grove City Little League.**
  - c. **If an individual is ejected from two separate games, that individual will be immediately removed from the league without a refund and will not be permitted at any facility for games for the remainder of the season.**
  - d. Unsportsmanlike conduct will not be tolerated from parents, fans, coaches or players. Offenders will be ejected. Chattering or yelling at players will not be tolerated.
  - e. Coaches, fans, parents, players, or other participants are not to question the strike zone of an umpire. If there are any questions concerning rule interpretations or their application, the head coach only may approach the umpire before the next batter.
  - f. Only approved coaches with an application on file for the current season with the Grove City Parks and Recreation Department office are permitted on the playing field or in the dugout during games and practices.
  - g. Each team will be permitted a maximum of three (3) coaches.
- II. General Game Information**
- A. **Coach pitch only:** The coach pitching will also serve as the umpire or the teams may designate a mutually agreed upon assistant coach to umpire for both teams.
  - B. All games will consist of four (4) innings unless the following occurs:  
No new inning may be started after 1 hour and 15 minutes. A new 1/2 inning begins once the third out of the current inning is recorded or the team has batted through its batting order. Teams are encouraged to hustle on and off the field to keep the game progressing.
  - C. Completion of a game should be once four innings have been completed or the game has reached the time limit. Any inning started must be completed.
  - D. Cancelled games will be made up the next available assigned day. Coaches will receive a schedule outlining the game information as soon as possible. No exceptions will be made.
  - E. Each team will pick up equipment from the Windsor Park baseball office before their game and return it to the office after their game. The home team will pick up baseballs from the Windsor Park baseball office before their game.
  - F. The home team will occupy the first base dugout.
  - G. Players shall not wear metal cleats.
  - H. There is not an on deck area. All players must remain in the dugout until their time at bat. No swinging bats outside of the field of play. Continued violation of this rule will result in the head coach being confined to the dugout.
  - I. Under the USABat Standard, bats shall not be more than 33 inches in length; nor more than 2 5/8 inches in diameter and must have the USABat stamp. If wood, not less than fifteen-sixteenths (15/16) inches in diameter (7/8 inch for bats less than 30”) at its smallest part. Wood bats taped or fitted with a sleeve may not exceed sixteen (16) inches from the small end. Solid one-piece wood barrel bats do not require the USA baseball logo/stamp.

**Approved Tee Ball bats may also be used in this league based on the use of Level- 5 baseball.** PENALTY: The batter will be declared out when he/she enters the batter's box with an illegal bat or is discovered having used an illegal bat. If the discovery is made before the next pitch, the defense may take the penalty or result of the play.

- J. All male players must wear athletic cups.
- K. Casts may not be worn during the game by players or umpires.
- L. Players must not wear jewelry such as, but not limited to, rings, watches, earrings, bracelets, necklaces, nor any hard cosmetic/decorative items. This applies regardless of the composition of such jewelry, hard cosmetic item or hard decorative item. (Exception: Jewelry that alerts medical personnel to specific condition is permissible.)
- M. Players may use any glove or mitt at any position. No player may use a first-baseman's mitt at any position other than first base.
- N. The bases will be 60 feet apart.
- O. A Level -5 semi-soft baseball will be used.

### **Defensive Positions**

- A. A player is not to sit out a second defensive inning until all other players have sat at least one defensive inning.
- B. Teams shall play ten defensive players in a game.
  - 1. Infield positions shall be 1<sup>st</sup> base, 2<sup>nd</sup> base, shortstop, 3<sup>rd</sup> base, pitcher and catcher.
  - 2. Outfield positions shall be left, left-center, right-center and right fields.
  - 3. The pitcher must be behind the pitchers plate to the left or right, within 3 feet. The pitcher cannot move until contact of the ball.

### **Pitching**

- A. Pitching distance is 40 feet.
- B. A maximum of seven pitches shall be presented to each batter. After seven pitches and the batter has not put the ball in play, the batter is out.
  - Exception: Extra pitch(es) shall be awarded if the 7<sup>th</sup> (or greater) pitch results in a foul ball.
- C. There are no walks.
- D. The batter can strike out, swinging at three pitches, prior to the full allotment of seven pitches.
- E. A batted ball hitting the pitching coach shall be ruled dead with the batter/runner put on first base; runners advance only if forced.
- F. The pitching coach shall not coach runners.

### **Batting**

- A. All batters must take a full swing. There is no bunting – Penalty: strike to the batter unless he/she is put out in which case the out stands.
- B. When a batter unintentionally throws a bat, the action will be regulated as followed:
  - Warn the player and the other members of the player's team.
  - After the warning, (second occurrence) the umpire will declare the ball dead immediately, the batter will be returned to the dugout, and any base runners will return the previous base occupied at the time of the pitch.
  - No out shall be called on the offending player for this action unless the bat makes contact with an official, player, coach or, leaves the field of play.
- C. All players will bat in a continuous batting order. The batting order will be set on the first game and maintained throughout the regular season. Teams may reset their lineup once for the tournament, but must maintain it throughout. For example, if batter #6 was the last batter in game one, then batter #7 will be the first batter in game two. Any player arriving late or not present at the game is skipped over and the original line up is maintained.
- D. All batters and baserunners must wear a helmet while on the field of play. Face guards and chin straps are optional.

### **Base Running Rules**

- A. Orange Safety Base Rule:
  - A defensive player must touch the white portion of the base to record an out.
  - The baserunner must touch the orange portion of the base to be considered safe.
  - EXCEPTION: If a batted ball in the infield is an errant throw and causes the fielder to move to the orange portion of the base, the runner must then proceed to the white portion of the base.
  - The baserunner will then use the white portion of the base when returning to first base after overrunning it, running on a base hit to the outfield (the player may elect to touch the orange portion here), or to re-tag and advance on a fly ball.

- B. Runners are never required to slide. However, if they elect to slide, it must be a legal slide. Also, runners must avoid excessive contact with the defensive player or will be declared out. This is an umpire's judgment call.
- C. Head-first sliding is not permitted, unless the baserunner is retreating to a previously touched base, i.e., returning on a caught fly ball, returning on a pick-off attempt, etc.
- D. Coaches may not physically assist players in running the bases or fielding.
- E. A courtesy runner is mandatory for the catcher of record once two (2) outs have been recorded.
- F. Batters do not have the right to advance to first on a dropped third strike.
- G. There is no stealing or lead offs.
- H. No infield fly rule.
- I. The umpire shall rule time-out immediately upon recognition of an infield player holding the ball up in the air in the infield, defined as fair or foul territory, i.e. "in the dirt."  
An outfielder cannot run with the ball into the infield and attempt to stop play. Doing so results in the play continuing.
- J. If an infielder gains control of the ball, they have a choice of either making a play on an advancing runner or to hold the runners to their base as outlined below (see X) If an infielder attempts to make a play on an advancing runner and loses control of the ball, play continues until control is resumed again and the same rules as outlined in section V and X apply again.
- K. Runners who have already left their base and headed to the next base prior to "time-out" may attempt to earn the next base at their own risk.

## Coaching Guidelines

Each coach and his/her assistants are to conduct practices and games in a way that provides the best opportunity for all players on their team to acquire skills that the Grove City Little League determines they should learn at their current level of play. These skills are cumulative. At each level, players should master:

### Minor 7-8 year olds

- Basic catcher fundamentals
- Proper target technique
- Proper release of mask
- Proper placement of throwing hand
- Proper technique for making tags
- Basic pitching fundamentals
- Proper grip of baseball
- Correct balance point
- Proper arm motion
- Proper follow through
- Proper release point
- Fundamentals of outfield play
- Communication (calling “mine”)
- Basic stance
- Drop step
- Proper crow-hop technique
- Cut-off recognition
- Backing up infield
- Sun shielding
- Fundamentals of infield play
- Proper base coverage
- Lead runner recognition
- Fundamental relay responsibilities
- Moving toward target on throws
- When and where to back up
- Teach to start to charge the baseball
- Infield proper tagging technique
- Basic base running
- Sliding
- Watching base coaches
- Rounding the base on an outfield single, touching inside corners with left foot, when rounding base, advancing to next base
- Run through first looking toward dugout for overthrows to advance to second base

**I. Throwing Drill** – Throwing and catching the baseball is often the most overlooked and under-coached fundamental of the game. A coach who dedicates extra time toward this will have success.

- a. Cradle – elbows out not tucked into stomach
- b. Throwing position- palm facing away from player
- c. Maintain eye contact on target through entire motion
- d. Pointing lead toe at target
- e. 4-seam grip
- f. Tuck glove hand away to allow body to come through
- g. Arm position (don’t get hung up on throwing over the top)

### II. Catching

- a. Arms must have some bend and remain relaxed
- b. On balls above the waistline – fingers glove should point to the sky and glove hand and throwing hand should be “thumb to thumb”
- c. On balls below the waistline – glove hand palm should be toward ball and glove hand and throwing hand should be “pinky to pinky”
- d. Do not allow players to “stab” at the ball, encourage them to shift their bodies to get in front of the off target throws
- e. Drills
- f. Relay lines
- g. Throwing Circle
- h. Bucket Drill

### III. Hitting

- a. Stance/Balance
- b. Feet must be squared
- c. Stance must be as wide as the shoulders at minimum
- d. Weight should be 75 percent back, knees bent, balanced on inner parts of feet, not on heels
- e. Knees and belt buckle should be pointing at the plate
- f. Hands should be up and back
- g. The bottom hand arm should have some flex, forming an angle at the elbow
- h. Head and eyes should be in the zone, chin should be able to touch front shoulder
- i. Grip
  - i. Place the bat in the players' hands and line up the "door knocking" knuckles, rotate the bottom hand slightly clockwise (counterclockwise for left handers) and rotate the top hand slightly counterclockwise (clockwise left handers)
  - ii. Have players place both hands on the bat and point the bat at the pitchers mound
- j. Approach/Contact
  - i. Must keep hands inside the baseball
  - ii. Hands move down, taking the knob of the bat toward the ball
  - iii. Keeping bat head level, bottom hand palm toward the ground, top hand palm facing up
  - iv. Head should stay down through impact so that the chin begins on the front shoulder and the back shoulder touches the chin after contact
  - v. Hands begin to roll over, after contact, to gain full extension
- k. Drills
  - i. Soft toss
  - ii. Bottom hand drill
  - iii. 2 tee drills
  - iv. 2 color soft toss
  - v. Batting practice