

**Virginia Little League Baseball and Softball
District and State Coach Pitch
Tournament Rules and Guidelines
(Approved March 22, 2025)**

These rules were approved for Baseball and Softball play by the District Administrators of Virginia. These supplemental rules are to be used in conjunction with the Official Little League Rule Book. The following options, rules and clarifications shall be used throughout the tournament.

1. Objective

- 1.1** The objective of the Coach Pitch Tournament is to provide six, seven and eight year-olds the opportunity to participate in a baseball (or softball) tournament at the District and State level. All players and coaches selected for a tournament team must come from **a regular season Coach Pitch Little League roster only** and must have met the minimum participation requirements outlined in Little League rules.
- 1.2** Each team will consist of a minimum of 10 players and no more than 14 players on a roster, a manager, 2 coaches and one pitcher coach. A game may not be played or continued if either team has less than 8 players.
- 1.3** Current Concussion rules shall be in place for each game. Managers and coaches shall have a current NFHS Concussion Training Certificate. The following link has a lot of good information concerning concussion training. <http://www.nfhslearn.com>
- 1.4** Baseballs shall be level 5 compression baseballs; softballs shall be 10 inch level 5 compression softballs.

2. Definition of Terms

- 2.1** See Little League Official Rule Book.
 - 2.1.1.** There will be a straight line extended **four (4')** feet on both sides of the 46 ft. with a 10 foot circle for **baseball (35 ft. for Softball, with 8 foot circle)** pitcher plate.
 - 2.2.1.** Once the adult pitcher has control of the ball the defensive coach may ask for time out to make an appeal on the previous play or to get clarifications on a rule.

3. Game Preliminaries

- 3.1** Both managers will meet with a tournament official to conduct the following:
 - 3.1.1** Coin toss to determine the home team or dugout. The winner of the toss has the choice.
 - 3.1.2** Exchange lineups and provide a copy for the official scorekeeper.
- 3.2** The batter's box, foul lines and coaches' box will be marked as outlined in the Little League rule book.

4. Starting and Ending a Game

- 4.1** All teams must be ready to start on time. The home team will take their defensive positions and the first batter on the visiting team will take his/her place in the batter's box.
- 4.2** The defensive team will place 10 players on defense, 6 infielders and 4 outfielders. Outfielders must be positioned on the outfield grass.
- 4.3** The offense will station 2 adult base coaches or 1 adult and 1 player.

- 4.4 15 run rule is in effect. If the home team is ahead by 15 runs or more after 2½ innings or the visiting team after 3 innings the team that is ahead is declared the winner. 10 run rule is in effect. If the home team is ahead by 10 runs or more after 3½ innings or the visiting team is ahead by 10 runs or more after 4 complete innings, or if the home team is ahead by 8 runs after 4½ or the Visiting team is ahead by 8 runs after 5 innings the team ahead is declared the winner.
- 4.5 Teams will play each game with a continuous batting order. The batting order shall be established prior to the start of the game. All players present at game time will be listed on the batting order. Any player arriving late shall be added to the bottom of the batting order.
- 4.6 A maximum of 5 runs or 3 outs per inning. No limit on runs in the 6th or subsequent innings.
- 4.7 Players may be entered and/or reentered into the game provided he/she meets the requirements of mandatory play (3 defensive outs).
- 4.8 Infield fly rule is NOT in effect.

5. Putting the Ball in Play

- 5.1 When the umpire calls "Play Ball" the Coach Pitcher shall pitch the ball to the batter.
- 5.2 The ball becomes dead, and the umpire will call time when:
 - 5.2.1 A batted ball comes in contact with the pitcher coach. No pitch is counted, and all base runners must return to the base previously occupied.
 - 5.2.2 A player is injured. Any runner(s) who have crossed the halfway/hash marks shall be awarded the next base. (If a base runner is injured the last retired batter will replace the runner.)
 - 5.2.3 When the player pitcher has the ball with both feet inside the circle.
- 5.3 Defensive time outs will be limited to 2 per game. Offensive time outs will be limited to 1 per inning. Time outs due to injury do not count. However, coaching during an injury timeout is not allowed

6. The Batter

- 6.1 Each batter will receive 5 pitches or 3 swinging strikes. If the last pitch is fouled, batter will receive additional pitches until they strike out or hit the ball.
- 6.2 If the 5th pitch is missed or not swung at, the batter is out.
- 6.3 Bunting is not allowed.

7. The Runner

- 7.1 Runners shall not lead off or steal bases.
- 7.2 Runners must have one foot in contact with the base until the ball reaches the batter.

8. The Pitcher

- 8.1 The Player Pitcher.
 - 8.1.1 One of the 6 infielders must play the position of Player Pitcher.
 - 8.1.2 The pitcher must stand with both feet behind the **four (4')** ft extension of the 46 ft (35 ft, for Softball) pitching plate Player Pitcher must be in the circle until the ball is pitched. He/she is free to move once the ball is pitched.
 - 8.1.3 The player pitcher may wear a helmet with or without a face guard that meets NOCSAE® standard for safety. This is optional for each team.

8.2 The Coach Pitcher:

8.2.1 The Coach Pitcher may speak to the batter until the pitch is thrown.

Once the ball is put in play the Coach Pitcher shall leave the playing field in a direction that will not interfere with the play/ball and not return until the umpire has called time. If the Coach Pitcher fails to leave or in the judgement of the umpire interferes in any way, the batter is out.

8.2.2 The Coach Pitcher must pitch overhanded (**under handed for softball**) to each player and **must deliver the ball from within the circle**.

8.2.3 The Coach Pitcher will apply the courtesy of making sure that the defensive team is in position before making a pitch. The batter will not receive any benefit from the Coach Pitcher doing this. The umpire, in his judgement, shall nullify any hit, and return any runners that advance, and call a strike on the batter.

9 Coaching Rules

9.1 All coaches and managers are responsible for the actions of their parents.

9.2 There must be a coach in the dugout at all times.

9.3 When the ball is hit, the pitching coach must exit the field to the foul line in the opposite direction the ball is hit, or the batter will be called out.

10. Protests

10.1 Protest may only be made by the manger and should only be made when the manager believes a rule has been misinterpreted or overlooked by the umpire.

10.2 All protests must be made before the next pitch or play is made.

10.3 The District Administrator, tournament director or his/her designed representative will resolve the protest before the play resumes. (DO NOT CALL SOUTHERN REGION).

10.4 All decisions made by the tournament officials are final.

11. Conduct of Teams

11.1 Tournament Directors will ensure that:

11.1.1 Managers are responsible for the conduct of their teams upon arriving at the tournament site and until such time as they have left the tournament site.

11.1.2 ANY MANAGER, COACH, PLAYER, or SPECTATOR EJECTED FROM A GAME WILL NOT PARTICIPATE IN THE NEXT GAME. The person ejected must leave the game and tournament site within 2 minutes or their team will forfeit the game. ANY MANAGER, COACH, PLAYER, OR SPECTATOR ejected will not participate in the next game in which their team is involved.

12. Documentation

12.1 Documentation will consist of birth certificate (to be shown at time of affidavit approval, not carried with affidavit) and medical release.

Note: As approved by [District 15](#) and the Districts in Section 2 (2, 3, 5, 14) The pitcher coach may deliver the ball from anywhere within the circle. (does not have to be on the mound)

Clarification of rules:

No stealing in Coach Pitch. (So no trying to advance on missed pitch or throwing back to pitcher. So it does not matter who the catcher throws the ball to, however if they throw it to Coach Pitcher it will speed up game.)

A hit pitch is dead when the player pitcher has the ball and both feet within the circle. Any additional runners that are halfway to a base will advance to that base. If less than halfway then the runner returns to the previous base. A hash mark will be placed halfway between the bases to assist the umpire in making the right call. Runner placement is a judgement call by the umpire.