

Windsor American Little League - AA Guidelines

This is a guideline is to be used by all teams to ensure that the players at the AA level progress at a similar rate.

Pitching

Any player you do put out there should have demonstrated to you in practice that they have some ability to pitch other than a strong arm. We can have players pitch from 40-42 feet instead of 45 if needed. It's important to develop pitchers but it's also important to only have a player pitch that is ready. Putting a player in a game situation on the mound before they are ready is a safety issues for the pitcher and batter. You also don't want a players confidence knocked if they are not ready. **Please note the pitch count limits are as follows, 7-8 year olds 50 pitches, 9-10 75 pitches and 11-12 85 pitches. If a 7-8 year old reaches their pitch count limit they can't pitch again for 2 days. If they pitch 21 to 40 pitches they need 1 day rest. Any pitch count lower than 21 require 0 days of rest. Once a pitcher leaves the game they can't be moved to the catcher's position.**

Catching

We must have players catching. It may be a good idea to get one of your older players doing this, but really, whoever is interested. It will be ugly in the beginning, but hey, they have to start somewhere. Catchers **MUST WEAR A CUP!** If you have a player catching in the bullpen they need to wear the mask. We need to develop catchers as they move up through the levels up to the Majors.

Length of Games

AA plays regular length games. Games should run to 8pm max, or 6 innings, whichever comes first. Use discretion based on amount of light, weather conditions, and kids focus. Some parents will be expecting 1 hour games like A minors (coach pitch) and t-ball, so be prepared to explain what we are trying to accomplish (preparing the kids for AAA/Majors). It will be very hard to get in 6 innings, the quicker the teams transition between innings the better.

Structure of Games

Meet with the opposing coach before every game to go over the rules for that game.

For games 1-2; a coach will pitch, each player will get 10 pitches at the most. No balls and strikes called. Try to work in a player pitching by the 3rd game. You should also be able to work in a player catching by game 3. If a coach is catching they need to wear a mask. (see comments on catching). Your batting lineup should include every player (even the ones on the bench). Have no more than 8 batters per inning. Better every player keeps all the players focused on the game. And, the coach only needs to worry about substitutions in the field during the game.

For games 3-4; still use the 10 pitch max, start with six pitched from a player and have the coach pitch the last 4, if needed. No walks allowed. In order to keep the pace of the game moving lets bat only 8 per inning.

For games 5-6; have a 7 pitch max count, 5 from a player and 2 from a coach. No walks allowed. Start calling strikes to let players know they are good pitches. Have a big strike zone. Bat 8 players per inning.

Games 7-8; players will be pitching 100%. Call balls and strikes. The maximum walks per team per inning is 3. Keep a big strike zone and encourage players to hit. Bat 8 players per inning or 3 outs whichever comes first. No players can be walked home.

Other

Each team is allowed a max of 3 coaches on the field. It is mandatory that you have at least 1 coach in the dugout. Parents/spectators need to be behind the fence. Please explain to any parent that takes issue that this is not a WALL rule, but a Little League rule. This is a Little League rule that involves our insurance. However, we also can have 2 umpires on the field (one behind the plate with mask, and 1 on the bases). An assistant coach may be a good idea here, since they can help teach the kids as well (home plate ump can help batters and, of course, back up the catcher; base ump can give kids tips on running through 1st, fielding, etc). As we progress to more regular player pitch, we eventually want to call balls and strikes, so umpires will be a great asset.