RRVL League Rules
Ages 7-8

Updated October 27, 2026

Coach-Pitch rules shall be the official Little League rules with the league modifications below.

Starting and Ending the Game

- **7U & 8U Divisions:** Games will be played both nights. (New rule for 7U this season)
- Fields have 60' bases. Each team provides at least one new ball each game.
- Coaches will serve as umpires.
- Games will be six innings. No new inning may start after 75 minutes. Timing starts when the home team takes the field to start the game.
- In case of a tie game after six innings, one extra inning may be played if the 75-minute time limit has not been reached. Games may end in a tie.
- Maximum of five runs per inning. If a play results in multiple runners scoring beyond the limit of five runs, only five runs may be counted.
- If a team is short players:
    - Teams with five or more players must play. The opposing team may play its full complement of players.
    - If one of the two teams has sufficient players to field a full team, they may send players to the opposing team.
    - Scores do not need to be reported and no standings will be kept.
- Games will be canceled if the wind chill is 40 degrees or less at game time. After a game starts, coaches may use their own discretion and both teams must agree to call off games at any time due to weather conditions.
- When thunder is heard or lightning is seen, play MUST be suspended for at least 30 minutes before resuming play. Any subsequent thunder or lighting starts a new 30-minute delay. No additional playing time is added due to a weather delay. Time limit rules still apply.
- If the Air Quality index is between 151-200, games will still be played. If you have an insufficient amount of players due to air quality concerns, you will not be charged with a forfeit.
- If the Air Quality index is higher than 200, games will be canceled.

Playing Time

- Every player MUST play an infield position once per game. We strongly urge coaches to rotate players to allow everyone a chance to develop and learn different positions.
- A player may not play the same position more than two innings in a game. Exception for the catcher.
- Coaches from the defensive team may be on the field for instructional purposes.
- It is recommended that all players are on the field for their team's defensive half-inning. A traditional infield shall be used with all extra players positioned in the outfield grass or at least 20 feet behind the bases.
- Mandatory use of continuous batting order, meaning all players will always be in the batting lineup. Players with a defensive position are not required to be in the first nine batting spots. The batting order may not change during the game. If a player becomes injured or ill, there will be no automatic out for their spot in the batting order.

Pitching

- Coaches will pitch to their own team for the whole season in the 7U and 8U divisions and avoid play when the ball is hit.
- Coaches should **KNEEL** approximately 30-40' away from home plate and adjust their velocity according to the player's ability to hit the ball.
- The player in the field at the pitcher's position shall be beside the adult pitcher and have full view of the play.
    - It must be realized that practice time is important in the development of each player. Additional practices outside of "game days" are at the discretion of each team/coach.

Batting

- Each batter has up to **three swinging strikes** or a maximum of **five pitches** to put the ball in play.
    - If the ball is not put in play after five pitches or three swinging strikes, the batter is out. However, if a foul ball occurs on the third swing, the at-bat continues as it would in standard baseball.
    - Do not throw additional pitches unless the previous ones were clearly outside the strike zone, as this slows the game.
- Walks are not allowed.
- No bunting. After one warning, a second attempt to bunt results in the batter being called out.
- Players shall not warm up with a bat inside or outside the dugout/bench area under any circumstances.
- Only one warning for a player throwing the bat, whether intentional or unintentional. Next violation, the player may be declared out by the umpire.

Base Running

- No leading off. Runners must have one foot or both feet on base until the pitch crosses home plate.
- No stealing bases.
- No advancing on an overthrow, wild pitch, or passed ball. You cannot advance on a ball that is thrown into foul territory. The foul lines are used as a restricted area for advancing. Coaches, continue teaching players to back up plays.
- Extra bases on outfield hits should be managed in a conservative, sportsmanlike manner.
- There is no "must slide" rule. However, a runner is called out if they do not attempt to get around a fielder who has the ball and is waiting to make the tag. NO PLOWING!
- No head-first slides when advancing to a base. The runner shall be called out. Head-first slides are allowed if a player is going back to a base.
- In the event of an injury to a player, a substitute runner may be used. This substitute must be the player who was the last recorded out. The substitute runner will remain in their normal batting order.

Equipment

- Non-wood and laminated bats shall bear the **USA Baseball logo** signifying that the bat meets USABat – USA Baseball's Youth Bat Performance Standard.
- The bat's diameter shall not exceed 2 5/8 inches.
- All BPF 1.15 bats and BBCOR .50 bats are prohibited.
- All players must wear an athletic supporter.
- Shoes with metal cleats or spikes shall not be worn by players, managers, coaches, or umpires.

Team Expectations

- Teams are encouraged to arrive 30-45 minutes before the game to warm up. This early arrival teaches kids how to start preparing for games and helps ensure enough players are fielded to have a game.
- Home and away designations are on the league schedule.
- Each team provides at least one new baseball each game. Umpires return the baseballs after the game.
- After the game, teams will shake hands with their opponent in a line extending from the dugouts across home plate.
- Both teams are responsible for cleaning their dugout, under the bleachers, and around the field. Please dispose of all garbage in proper receptacles.