

# CAL RIPKEN, SR. FOUNDATION INSTRUCTIONAL RBI LEAGUE RULE SHEET

## GENERAL:

- Six innings per game
- Maximum of two extra innings; if score is still tied after two extra innings, game results in tie
- It is recommended that coaches pitch (this ensures pace of play keeps up)
- 3 outs per inning
- Strikeouts and walks are optional
- Maximum of 10 runs scored per inning
- No more than twelve players on the field at one time
  - Catcher optional
  - If a coach pitches, one player may be a fielder in the pitcher's area

## PITCHING:

- It is recommended that coaches pitch (this ensures pace of play keeps up)
  - If player pitches, 50 pitch limit
- If player pitches, recommended distance between mound and homeplate:
  - Ages 4th - 6th Grade: 46 feet
  - Ages 6th + Grades: 60 feet 6 inches

## HITTING:

- All hitters and baserunners must wear helmets at all times
- Suggested Bat Sizes:

Age	Bat Length	Bat Weight (Bat length minus oz.)
K-2nd Grade	24-28"	-11/-13 oz.
2nd-4th Grade	28-30"	-10/-12 oz.
4th-6th Grade	30-31"	-10/-12 oz.
6th-8th Grade	31-32"	-5/-8 oz.
8th Grade +	31-33"	-3 oz.

- Hitting off batting tee optional (recommended if batter cannot successfully hit off pitcher)

## BASERUNNING:

- Distance of bases:
  - Ages K - 3rd Grade: 40 feet
  - Ages 4th - 6th Grade: 60 feet
  - Ages 6th - 8th Grade: 70 feet
  - Ages 8th + Grades: 90 feet
- Leading off bases optional
- Stealing bases optional with catcher
  - Ages 4th-6th Grade: Runner shouldn't leave until the pitch crosses Homeplate
  - Ages 6th + Grades: Runner can leave at anytime
- No head first slides (Diving back to a base allowed only)

