

2024 FRB DIVISIONAL GUIDELINES FOR BAMBINOS, MANTLES, AND ROOKIES (Fall Ball)

Updated Sept 5, 2024

These guidelines are provided to give parents, coaches, and players the framework for participation at this level. The Bambino, Mantle, and Rookie leagues of Flemington Raritan Baseball (FRB) serve 5-, 6-, 7-, and 8-year-old children in the community. Minors and majors are governed by the rules of baseball. See [FRB Ground Rules](#) for the Division Specific exceptions.

Bambino League

Teaching Objectives for players at this level should include:

1. Proper fielding position stressing tripod position
2. Proper throwing techniques stressing arm position and footwork
3. Proper hitting stance stressing feet, hands and bat position using tee, soft toss and coach pitch.
4. Introduction to infield positions
5. Introduction to game scenarios stressing infield throws to first base
6. Knowledge of first base foot work
7. Base running: Running through 1st base on ground balls.

Game Play

1. Infielders will be limited to 5 players (no Catcher Bambinos). All infield positions will be covered. The remaining players will participate in drills and / or play the outfield. No players should sit out. Depending on how many players/coaches are present, drills are strongly encouraged for the non-infield players.
2. There will be no "building walls" in the infield. All non-infield players must be on the grass and cannot record a putout at a base, only an assist.
3. Two fielding coaches will be allowed on the field during the game. Coaches in the field will be considered part of the playing field and if hit by a batted ball, the ball remains in play.
4. Players may hit off a tee at any time. When using the tee, the player may have as many swings as necessary to hit the ball. When a coach is pitching, the player may have up to five (5) swings to hit the ball. After five (5) misses, the tee must be used. Foul balls do not count as a miss.
5. All pitching will be done by the coach of the team batting. Until October, play is T-BALL only
6. A single player pitcher should be used when a coach is pitching. The player pitcher must be in the mound area even when not pitching. Maintain a clear line of site for this player with the batter for safety purposes.
7. If an out is made on a batter the batter will go back to the bench. If there are runners on base with two outs and the third out is made, the base runners will return to the bench and a new set of outs will be given to the batting team provided there are more players left to bat.
8. If each team has more than 8 players, it is recommended that the teams alternate hitting after every 4/5 batters to help keep the players interest.
9. There are no strikeouts or walks.
10. There is no: bunting, stealing, infield fly rule or tagging up.
11. Sliding is permitted. Proper techniques should be stressed and practiced.
12. Runners and batter may advance one base only. No advance on an overthrow. The ball is dead when a reasonable attempt is made to throw the ball back to the pitcher. Having a child run at this level without understanding why is confusing for the runner and the fielders.

Bambino Season Format

Sessions through Sept 28th

1. Practice Drill Sessions ½ of time and game the other ½ of time. **T-Ball ONLY until after Sept 28th.**
2. Development of fundamental skills should be stressed.

3. Conduct drills for a minimum of the first 40 minutes of practice followed by a 2-3 inning simulated game (see age specific rules).

Sept 29th through end of season

1. Practice Drill Sessions ½ of time and game the other ½ of time.
2. Coach Pitch up to 10 pitches or 5 swings per player, whichever is earlier, then hitting T is brought out. Keep the game moving!
3. Any play resulting in an out an the player will go to the bench. No strikeouts
4. Development of fundamental skills should continue to be stressed.
5. Conduct drills for a minimum of the first 40 minutes of practice followed by a 2-3 inning simulated game (see age specific rules).
6. Note: Practice only sessions should last approximately 90 minutes, at the coach's discretion

Mantles League

Teaching Objectives for players at this level should include:

1. Understanding of the rules of the game
2. Introduction to ground balls & fly balls
3. Introduction to infield & outfield
4. Base running (Making turns on balls hit pass the infield)
5. Introduction to Catching
6. Introduction to Pitching & catching behind the plate
7. Sliding technique
8. Understanding of balls and strike
9. Soft baseballs

Mantles Season Format

Sessions 1-2

1. Practice sessions only.
2. No simulated games against an opponent should occur. Development of fundamental skills should be stressed.
3. The designated home team will have the infield for the first 45 minutes of field time.

Sessions 3 to Sept 28th

1. 15 Minute Warmup
2. Games are NOT Umpired
3. Two fielding coaches will be allowed on the field during the game. Coaches in the field will be considered part of the playing field and if hit by a batted ball, the ball remains in play.
4. Team at bat, coach to pitch to their team
5. Simulated game with 9 players in proper position (***extras players can round out the outfield.***)
6. Called balls and strikes - **No walks or strikeouts**
7. Half innings consist of 3 outs or after everyone has batted once
8. No advancing on an overthrow
9. **Coach only pitches to that batter up to 8 balls. After the hitting T will be used. SOFT baseball Only**
10. A single player pitcher should be used when a coach is pitching. The player pitcher must be in the mound area even when not pitching. Maintain a clear line of site for this player with the batter for safety purposes.
11. All other rules of the game apply

Sept 29th through end of season

12. 15 Minute Warmup
13. Games are NOT Umpired
14. Two fielding coaches will be allowed on the field during the game. Coaches in the field will be considered part of the playing field and if hit by a batted ball, the ball remains in play.
15. Simulated game with 9 players in proper position (***extras players can round out the outfield.***)
16. Called balls and strikes – **no walks or strikeouts**
17. Half innings consist of 3 outs or after everyone has batted once
18. No advancing on an overthrow
19. ***Coach Pitch or Players pitch*** – limited to 1 inning. After 4 balls or hit batsman from player, **coach pitches to that batter up to 4 balls. After the hitting T will be used.** Player resumes pitching to next batter at coach's discretion.
20. All other rules of the game apply

Rookies League

Teaching Objectives for players at this level should include:

1. Understanding of the rules of the game
2. Introduction to fly balls
3. Base running (Making turns on balls hit past the infield)
4. Introduction to Catching
5. Introduction to Pitching
6. Sliding technique
7. Understanding of balls and strikes
8. Introduction to umpiring
9. Introduce "regulation" baseballs

Rookies Season Format

Sessions 1-2

1. 20 minute Warm up / Practice Session.
2. Simulated game with 9 players in proper position(extra players can round out the outfield or perform extra drills).
3. Games are NOT Umpired.
4. Coach Pitch ONLY with Catchers - 7 pitches then T or soft toss (coach's discretion) will be used.
5. Half Innings consist of batting through lineups.

Sessions 3-through Sept 28th

1. 10-15 Minute Warmup
2. Games are NOT Umpired
3. Coaches should not be on the field
4. Simulated game with 9 players in proper position (extras players can round out the outfield or perform extra drills.)
5. Called balls and strikes – NO walks and NO called strikeouts
6. Half innings consist of 3 outs or after everyone has batted once
7. No advancing on an overthrow
8. Players pitch – limited to 1 inning and 3 pitches per batter.
9. If after 3 pitches from a Player, an at bat does not end in a hit and/or out (strikeout swinging or put out), the Coach will come in and throw an additional 3 pitches max to the batter. If the at bat does not end in a hit and/or out, then the T or will be brought out. Player resumes pitching to next batter.
10. All other rules of the game apply

Sessions schedule for Sept 29th through end of season

1. Games are umpired.
2. 9 players in proper position (extras players on bench.) Each player must take a turn sitting out on defense until all players have sat. Coaches will do their best to rotate players through all positions on the field and use their judgment on Pitching, Catching, and First Base.
3. Called balls and strikes with strikeouts & walks. Runners may advance one base on an overthrow.
4. Players pitch – limited to 2 innings (Monitor to keep the player around 40 pitches).
5. Half innings consist of 3 outs or until 4 runs are scored
6. No stealing of bases is allowed.
7. All other rules of the game apply.
8. Note: Be aware of pitch counts – switch pitchers after approximately 40 pitches, even if between innings. Preference should be given to kids developed enough to throw from the pitcher's mound.