

KANKAKEE VALLEY ASSOCIATION

INSTRUCTIONAL BASEBALL (7-9) 2026 - Revised

I. OBJECTIVES OF THE LEAGUE

1. Allow the participants a chance to play baseball.
2. To provide a positive learning experience where each individual can experience some degree of success.
3. To teach alignment of positions, basic baseball terminology and fundamentals of defensive and offensive ball playing.
 - a) If it's found by the KVA that a coach is not teaching the fundamentals a warning will be issued.
 - b) The second offense, the coach will be terminated.
4. To demonstrate and teach the meaning and value of true sportsmanship.

II. AGE LIMITATIONS

A. DATES

1. A player no older than nine (9) on or before April 30th of the current year is eligible to play.

III. RULES OF THE GAME

A. BASICS RULES

1. NFHS rules will apply on things not covered here.
2. Baseballs must be Diamond brand and stamped with the Little League approval for game or tournament play.
3. Six (6) innings will be played.
4. Game times will be 1 hour and 30 minutes (finish the inning) or 6 innings.
5. Each team shall consist of ten (10) players on the field
 - a) The tenth player will be used as a fourth outfielder and must be 15 ft. behind the baseline.
 - b) A team may start and/or finish a game with no fewer than eight (8) players due to absence, injury, or ejection. If a team fields fewer than ten (10) players, the missing player position(s) in the batting order shall be recorded as an automatic out each time that position is reached.
6. All players must play three (3) innings in the field or forfeit the game.
7. All players must play at least one of the first two (2) innings defensively or forfeit the game.
8. Innings 1-3 will be machine pitch.
9. Innings 4 and on will be live pitch with coach assist.
10. The blowout rule does NOT apply, except during tournament.
11. NO automatic outs!
12. Three (3) outs or six runs will end an inning.
13. Basic procedures are used to get a batter or base runner out.
14. During the sixth inning and any extra inning only three (3) outs can end an inning.
15. The Infield Fly Rule will not be in effect.
16. Dropped third strike is not in effect.
17. Only one (1) defensive coach will be allowed on the field at a time.
18. While the batter is up, NO WALLS can be created. A three (3) ft. chalk line will be in front of 1st, 2nd & 3rd base, where all infielders (with the exception of the pitcher & catcher) can NOT cross until the ball is hit.
 - a) The first time a defensive player crosses the 3ft. line prior to the ball being hit the umpire will issue a warning.
 - b) The second offense the batter will be awarded one base.
19. You cannot steal home. Home is only awarded on a batted ball, a walk, or a hit by pitch that forces the runner home.
20. Players must make an attempt to throw the ball as opposed to rolling the ball.
 - a) If a ball is intentionally rolled, the runners are safe.

21. SHORT HAND RULE: for a team playing with nine (9) players.
 - a) A team may play with a minimum of nine (9) players.
 - b) The vacant spot in the batting order, will NOT be an “automatic out”
 - c) If an injury occurs, a team cannot play with only eight (8). They will be forced to forfeit.
22. For a team playing with eleven (11) or more players: if a player is injured and cannot return in time for her next at bat, the spot will be skipped. If he cannot return the second time, he will be removed from the line up and the team will **NOT** receive an automatic out.

B. BATTING & BASE RUNNING

1. One base per runner per at bat can be advanced on a ball not batted in play.
2. There is a continuous batting order.
3. Lead off at release of pitch during live pitch innings only. No lead offs or stealing during machine pitch innings.
4. One warning per team will be given for throwing the bat.
 - a) All subsequent batters throwing the bat will be called out.
5. There will be NO BUNTING.
6. Coaches will not be able to physically position batters in the batter’s box.
7. Batters and runners must wear protective headgear.
 - a) The umpire shall declare any batter “out” who enters the batter’s box without a protective helmet.
8. NO Jewelry will be allowed. *Players in the game are prohibited from wearing jewelry such as rings, watches, earrings, bracelets, necklaces (including cloth or string types), barrettes or other cosmetic or decorative items that are hard. Religious & medical alert medals are not considered jewelry. A religious medal must be taped & worn under the uniform. A medical alert medal must be taped & may be visible.*
9. All baseball bats shall be stamped with U.S.S.S.A. or U.S.A. AND have a diameter of 2 ¾” or less

C. PITCHING AND PITCHING MACHINE

1. The pitching machine must be used as directed in the manual.
2. The rear leg of the pitching machine will be placed on the 35 ft. pitching rubber.
3. If a batted ball hits the coach or pitching machine on the field, the umpire should rule a dead ball – and the batter shall be awarded first base.
4. While on machine a batter is allowed three (3) swinging strikes, a hit ball or (5) pitches, unless a foul ball is hit on the fifth pitch.
 - a) The batter cannot foul out.
5. Coaching while operating the pitching machine is limited batter adjustment, pitch count & pitching countdown. (ex: 1,2, 3 or Ready, Set, Go)
6. The coach operating the pitching machine must make an attempt to get out of the way of any play.
 - a) The first offense a warning will be issued
 - b) The second offense the runner in which the play is being made on is out.
 - c) The third offense the coach will be relieved of pitching machine duties.
7. Pitchers will pitch from 40’ mound.
8. Four (4) pitched walks per every half inning allowed.
 - a) On subsequent batters after the pitcher throws the fourth ball, the offensive coach will come in to assist.
 - b) The batter retains their strike count.
 - c) Coaches will pitch from 40’.
 - d) The coach will throw no more then three (3) pitches unless a foul ball is hit on the 3rd pitch.
 - e) If the third pitch is thrown by the coach and the batter has not hit the ball in play or struck out, the batter is out.
 - f) A batter cannot foul out.
9. Pitchers can only throw fastballs.
10. Pitchers are limited to 2 innings a game with a max of 4 innings a day.
11. Settings for the pitching machine are as follows:
 - a) pull arm: 3 (the umpire can change pending field conditions)

- b) throwing arm: 4; (the umpire can change pending field conditions)
- c) spring: 3



D. TOURNAMENT

1. The blowout rule does apply in 8U during the tournament and is as follows: Twelve (12) runs after four (4) innings; ten (10) runs after five (5) innings.