



# Little League Rec Information Guide

Age Group	School Grade	Playing Time
T-Ball: 5U	Pre-K	Saturday
Clinic: 6U	Kindergarten	Saturday
Farm: 7U	2 <sup>nd</sup> Grade	Monday & Saturday
Prospect: 8U	2 <sup>nd</sup> Grade	Tuesday & Friday
Rookie: 9U	3 <sup>rd</sup> Grade	Wednesday & Saturday
Minors: 10U	4 <sup>th</sup> Grade	Tuesday & Friday
Majors: 11/12U	5 <sup>th</sup> & 6 <sup>th</sup> Grade	Wednesday & Saturday
Juniors: 13/14U	7 <sup>th</sup> & 8 <sup>th</sup> Grade	Thursday & Saturday

## Day (s) of the week each age group plays

Age	Mon	Tues	Wed	Thu	Fri	Sat
6U						✓
7U	✓					✓
8U		✓			✓	
9U			✓			✓
10U		✓			✓	
11/12U			✓			✓
13/14U				✓		✓

# T-Ball 5U/Pre-K

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## T-Ball

**Description:** Tee-ball is where a young player's baseball journey starts! T-Ball is designed to begin to develop core foundational skills needed as they develop.

**Time Commitment:** Varies, but generally once a week on Saturdays. Seasons generally start Mid/Late April and end around Memorial Day Weekend.

**What to Expect:** Tees are our best friends when it comes to learning how to hit—perfect for getting comfortable at the plate! Players also get hands-on experience with throwing, catching, and base running, all while practicing the basic techniques that make baseball and softball so much fun.

**Equipment:** Players need to have their own baseball gloves. Baseball hats and jerseys are provided at the start of the season. Baseball pants, cups, and cleats are not required. Towns will provide bats and helmets, but children are welcome and highly encouraged to bring any personal gear. Tee-ball bats are acceptable.

**Day of the Week:** TBD but generally Saturday mornings

# Clinic 6U/Kindergarten

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## Clinic

**Description:** Tee-ball/Clinic is where a young player's baseball journey starts! Clinics are designed to begin to develop core foundational skills needed as they develop.

**Time Commitment:** Varies, but generally once a week on Saturdays. Seasons generally start Mid/Late April and end around Memorial Day Weekend.

**What to Expect:** Tees are our best friends when it comes to learning how to hit—perfect for getting comfortable at the plate! Players also get hands-on experience with throwing, catching, and base running, all while practicing the basic techniques that make baseball and softball so much fun.

**Equipment:** Players need to have their own baseball gloves. Baseball hats and jerseys are provided at the start of the season. Baseball pants, cups, and cleats are not required but highly recommended. Towns will provide bats and helmets, but children are welcome and highly encouraged to bring any personal gear. Tee-ball bats are acceptable.

**Day of the Week:** TBD but generally Saturday mornings

# Farm 7U/1<sup>st</sup> Grade



## Farm

**Description:** Farm/7U is where a player starts putting together fundamental skills with the basics of baseball rules.

**Time Commitment:** A couple of practices before the season starts. Each team will play two (2) 3 or 4-inning games per week and will be held on Monday nights and Saturday mornings. The timing of the Saturday games will vary for each team throughout the season, but generally, they are earlier in the morning. The season begins in early April/ late March and ends around Memorial Day weekend. The season has about 10 games.

**What to Expect:** At this age, we introduce the kids to slow coach pitching without any strikeouts during the games. More focus is placed on proper positioning, defense, and playmaking. More advanced drills are used to develop a player's ability to catch fly balls, throw further, and properly play each position. The games typically last about an hour. Coaches are encouraged to move kids around every inning. All kids will bat. As the season progresses, outs are enforced, and kids may be allowed to pitch for a batter if the coaches determine both teams are ready for that level of development.

**Equipment:** Children need to have their own baseball gloves. Baseball hats and jerseys are provided at the start of the season. Baseball pants, protective cups, and cleats are not required but highly recommended. Catchers must have a cup! Towns will provide bats and helmets, but children are welcome and highly encouraged to bring any personal gear. All bats must have a USA stamp or a 1-piece wood bat; tee-ball bats are prohibited.

**Day of the Week:** Monday & Saturday

# Prospect 8U/2<sup>nd</sup> Grade

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## Prospect

**Description:** Prospect/8U, talent level can vary at 8U, but kids start playing baseball. Coaches will still be on the field and pitching at this level.

**Time Commitment:** A couple of practices before the season starts. Each team will play two (2) 6-inning games per week and will be held on Tuesday nights and Saturday mornings. Games are about 2 hours long. The season is 10 games long and starts in late March/ early April and ends around Memorial Day.

**What to Expect:** At this age, a continuation of coach pitching with strikeouts during the games. Greater focus is placed on proper positioning, defense, and playmaking. The games typically last about 2 hours. Coaches are encouraged to move kids around every inning. All kids will bat. Outs are enforced, and kids may be allowed to pitch for an inning if the coaches determine both teams are ready for that level of development. No Umpires at 8U baseball.

**Equipment:** Players need to have their own baseball gloves. Baseball hats and jerseys are provided at the start of the season. Baseball pants, protective cups, and cleats are not required but highly recommended. Catchers must have a cup! Towns will provide bats and helmets, but children are welcome and highly encouraged to bring any personal gear. All bats must have a USA stamp or a 1-piece wood bat; tee-ball bats are prohibited

**Day of the Week:** Tuesday & Friday

# Rookie 9U/3<sup>rd</sup> Grade



## Rookie

**Description:** Rookie/9U, talent level varies greatly, but kids play real baseball with umpires and scores. Coaches no longer be permitted on the field (except base coaches). Kids who are selected by their coaches and peers have a chance to play All-Stars starting in mid-June.

**Time Commitment:** A couple of practices before the season starts. Each team will play two (2) 6-inning games per week and will be held on Wednesday nights and Saturdays. Games are about 2 hours long. The season is 12 games long, plus potential playoffs. The regular season starts in late March/ early April and ends around Memorial Day. Playoffs start around Memorial Day Weekend and can last up to 2 weeks. 9U All-Sarts generally wraps up around early July at the latest.

**What to Expect:** At this age, kids are always pitching. The games typically last about 2 hours. Coaches are encouraged to move kids around every inning. All kids will bat. 3 outs or 5 runs will end an inning. There is score logging and umpires at 9U baseball.

**Equipment:** Players need to have their own baseball gloves. Baseball pants, hats, and jerseys are provided at the start of the season. Baseball protective cups and cleats are not required but highly recommended. Catchers must have a cup! Towns will provide bats and helmets, but children are welcome and highly encouraged to bring any personal gear. All bats must have a USA stamp or a 1-piece wood bat.

**Day of the Week:** Wednesday & Saturday

# Minors 10U/4<sup>th</sup> Grade



## Minors

**Description:** Minors/10U, talent level varies greatly, but kids play real baseball with umpires and scores. Stealing and bunting are permitted. Kids who are selected by their coaches and peers have a chance to play All-Stars starting in mid-June.

**Time Commitment:** A couple of practices before the season starts. Each team will play two (2) 6-inning games per week and will be held on Tuesday and Friday evenings. Games are about 2 hours long. The season is 12 games long, plus potential playoffs. The regular season starts in late March/ early April and ends around Memorial Day. Playoffs start around Memorial Day Weekend and can last up to 2 weeks. All-Stars can run anywhere from mid-June to mid-August.

**What to Expect:** At this age, kids are always pitching. The games typically last about 2 hours. Coaches are encouraged to move kids around every inning. All kids will bat. Bunting and Stealing are permitted. There is score logging and umpires at 10U baseball. All-Start offers an opportunity for very competitive baseball at 10U.

**Equipment:** Players need to have their own baseball gloves. Baseball pants, hats, and jerseys are provided at the start of the season. Baseball protective cups, and cleats are not required but highly recommended. Catchers must have a cup! Towns will provide bats and helmets, but children are welcome and highly encouraged to bring any personal gear. All bats must have a USA stamp or a 1-piece wood bat.

**Day of the Week:** Tuesday & Friday

# Majors 11/12U 5<sup>th</sup> & 6<sup>th</sup> Grade



## Majors

**Description:** Minors/10U, talent level varies greatly, but kids play real baseball with umpires and scores. Stealing and bunting are permitted. Kids who are selected by their coaches and peers have a chance to play All-Stars starting in mid-June.

**Time Commitment:** A couple of practices before the season starts. Each team will play two (2) 6-inning games per week and will be held on Tuesday and Friday evenings. Games are about 2 hours long. The season is 12 games long, plus potential playoffs. The regular season starts in late March/ early April and ends around Memorial Day. Playoffs start around Memorial Day Weekend and can last up to 2 weeks. All-Stars can run anywhere from mid-June to mid-August.

**What to Expect:** At this age, kids are always pitching. The games typically last about 2 hours. Coaches are encouraged to move kids around every inning. All kids will bat. Bunting and Stealing are permitted. There is score logging and umpires at 10U baseball. All-Start offers an opportunity for very competitive baseball at 10U.

**Equipment:** Players need to have their own baseball gloves. Baseball pants, hats, and jerseys are provided at the start of the season. Baseball protective cups, and cleats are not required but highly recommended. Catchers must have a cup! Towns will provide bats and helmets, but children are welcome and highly encouraged to bring any personal gear. All bats must have a USA stamp or a 1-piece wood bat.

**Day of the Week:** Wednesday & Saturday

# Juniors 13/14U 7<sup>th</sup> & 8<sup>th</sup> Grade



## Juniors

**Description:** Juniors 13/14U is the first year that kids play on the full-sized baseball field. (60/90). Teams generally have more kids due to conflicts with middle school sports. The Juniors division consists not only of TRLL Towns, but also Eatontown, Tinton Falls, Shore, and Long Branch. Kids who are selected by their coaches and peers have a chance to play All-Stars starting in mid-June.

**Time Commitment:** A couple of practices before the season starts. Each team will play two (2) 7-inning games per week and will be held on Thursdays and Saturdays. Some night games could be expected. Games are about 2 1/2 hours long. The season is 12 games long, plus potential playoffs. The regular season starts in late March/ early April and ends around Memorial Day. Playoffs start around Memorial Day Weekend and can last up to 2 weeks. All-Stars can run anywhere from mid-June to mid-August.

**What to Expect:** Baseball. Middle school level baseball with similar rules to the professionals. All-Start offers an opportunity for very competitive baseball at 13U & 14U.

**Equipment:** Players need to have their own baseball gloves. Baseball pants, hats, and jerseys are provided at the start of the season. Baseball protective cups and cleats are not required but highly recommended. Catchers must have a cup! Towns will provide bats and helmets, but children are welcome and **highly encouraged** to bring any personal gear. All bats must have a USA stamp or a 1-piece wood bat.

**Day of the Week:** Thursday & Saturday