



# Spring 2024 Baseball & Softball

## Coaches Manual

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## Rule Book



Coach,

We want to thank you for taking the time and having the patience needed to serve as coach for the children on your team this season! As you know, our program relies on volunteers like you to offer a quality experience to the children involved. Without you, the kids simply wouldn't have the opportunity to play!

With your dedication, hard work, and positive influence, coaching youth sports can be rewarding and fun. The Sylvania Recreation Corporation staff will do what is necessary to assist you in succeeding as you go through the season. By developing this coach's manual we feel that you will have the necessary information about the program to provide the children on your team a productive and positive experience with the program. This manual will also answer many of the questions you may have about the program. We thank you for volunteering and wish you all the best during the season. If you need assistance, please don't hesitate to contact our office at (419) 882-1500

In Good Sports,

Sylvania Recreation  
Programs Staff

## **SRC PROGRAM GOAL & PHILOSOPHY**

The purpose of the SRC program is to provide a recreational opportunity for all Sylvania area youth to learn, develop, and improve their athletic skills and sportsmanship by experiencing a competitive athletic environment. Under the supervision of School Representatives, teams will be constituted by an unbiased method to achieve a competitive balance.

### **SRC Coach's Pledge**

I, \_\_\_\_\_, having volunteered to serve as a coach, realize the grave moral and ethical responsibilities of an adult involved in working with children. I pledge myself to carefully observe all rules of the game, to be at all times an example of fair play and good sportsmanship before the players, other coaches, umpires and spectators. This includes observing the no smoking rule. I will not tolerate foul language or harassment of players or umpires. I pledge myself to see that my players learn the rules and mechanics of the game, play the best game they are able, and take their losses in good spirit. Our good sportsmen today will be our leaders tomorrow toward tolerance and understanding in all walks of life.

I hereby pledge myself to do my best to instill in my team principles of good fellowship, fair play, and sportsmanship.

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Signature

Date

## Coaches, Coaching “Staff” and Players

**Have Fun-** It is extremely important that all coaches make the game of baseball/softball an enjoyable experience for every player on the team. Sylvania Recreation will provide advice and other information to get you started with your team; however, your creativity, enthusiasm, and personality are the major factors that make baseball fun for the kids, parents and the coach. Without a doubt, winning a game is more fun than the alternative, but far less emphasis should be placed on winning and more focus on having fun, development, and learning the skills of the game.

**Your Role-** All coaches and assistant coaches present at each game and practice are expected to serve as a positive role model to the children who are involved with our program, whether they are on your team or not. Showing good sportsmanship in all situations will eventually be learned by the players program wide. Remember, that children learn through our actions and we should always be conscious of that. The children of today’s baseball program will be our leaders of tomorrow with the help of a positive summer baseball experience.

**Dedication-** As a volunteer, remember that all players need to be taught the importance of dedication. As a coach you will gain the respect of your team members if they understand that they are accountable for their actions. Set guidelines regarding when they need to show up for games/practices. You should also formulate a policy for notification regarding schedule conflicts (i.e. missing practices for other activities). You will be surprised how an organized structure and team policy will help you become more effective as a coach.

**Communication-** Clearly communicate to the parents and players the league philosophy and expectations. Be sure to confirm game/practice times and locations. Although email is the preferred means of communication with your parents, don’t rely on email as the sole means of communication as many do not actively check them.

**Organization-** Spend a few minutes to organize a practice plan for each practice. Keep drill break ups short, in order to accommodate the attention span of children. Parents and players react better to coaches who appear to be organized and are able to keep the team on tasks during practice. Encourage involvement from other parents to help at practices if they show interest. This helps build relationships and make the season more enjoyable.

**Assistant Coaches-** You will want to have two assistant coaches. Three assistants is not a bad idea since then several can switch off if needed. You will need coaches for the following:

- One coach works with the outfield group.

- One coach works with the infield group.
- Head coach observes pitchers and catcher and also makes sure infield and outfield practice is going as it should.

Note also that you will need a minimum 3 coaches for a game. One serves as first base coach, one as third base coach, and a third stays in the dugout keeping stats, organizing line-ups, and managing the team.

Any parent, older teen, or community member can be an assistant, provided they are *willing to commit* to being at all practices and games. Although it is helpful if they have baseball playing and/or coaching experience, it is not necessary. As head coach, make *sure* to give the assistant good clear directions and help them get started if they are not well versed in baseball!

**Delegation**- Do not hesitate to delegate some of the organizational responsibilities to assistant coaches and interested parents. This includes, but isn't limited to, snack and drink schedules and contacting the team regarding rain outs for games/practices.

**Positions**- As a recreation program, we encourage coaches to move players around as much as possible throughout the course of the games. Each player should experience as many positions as possible.

**Patience**- Be patient and be committed. Realize that not all the kids can be stars yet try to get the best out of them. If they make mistakes batting, throwing, or catching in a game, give them a bit of time before pointing out errors. Some kids break down in tears after being corrected by a parent/coach immediately after striking out - you should help them overcome their errors in play but do so in the next inning or the next practice. The kids can be pretty hard on themselves at the youth level. At the same time, having a player overcome a shortcoming to play much better in the next game is a lot of what this game is all about and teaches them great life lessons. Strive for the best, but use good judgment in doing so.

## Practice Tips for Coaches

### A Basic Practice Structure

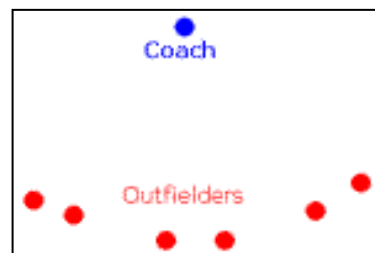
You want to make the most of every minute of practice. You can do this by keeping a timer or buzzer that you set to stay on time during each drill or section during practice. Below is a basic structure for practice for youth leagues.

**First 10 minutes:** Players pair up and warm up by throwing to each other.

**Next 5 minutes:** Team meeting (weekly topic, game summary, improvements/structured criticism, etc.)

**Next 1 hour:** Divide the team up as follows: 3 starting pitchers and the catcher in the pitching/catching group, 1/2 the remaining players in the infield group, and the remaining players in the outfield group.

- Have one of the pitchers throwing to the catcher (in full gear) while the other two pitchers throw to each other. Have the pitchers switch off after 10 pitches to the catcher so all have a chance to throw to the catcher. It is nice if you can get a knowledgeable coach to help with pitching form.
- Have the infield group assume all the infield positions with extra players going to the outfield positions. The coach or assistant then bats balls to all areas of the field. You may have extra players assume the positions of runners as well. Switch with outfield group after half an hour.
- Have the outfield group spread out in a wide semi-circle in groups of two about 8 ft from each other as shown to the right while a coach or assistant bats or throws balls. The player closest to the area of the ball should field the ball (and call it!) and the person next to this player will run behind and back up the catch. It is important that players get used to the idea that good baseball is *all* about good backup. With this setup, only two players should be involved with each ball thrown or batted. Switch with infield group after half an hour.



**Last 1/2 hour:** You should devote 1/2 hour of every practice to batting practice. Practice tees would be helpful so all players can get in a lot of practice. On some days you may want to have each player bat against one of your actual pitchers - don't worry about fielding, just get as much hitting in as possible.

## Swinging and Hitting the Ball



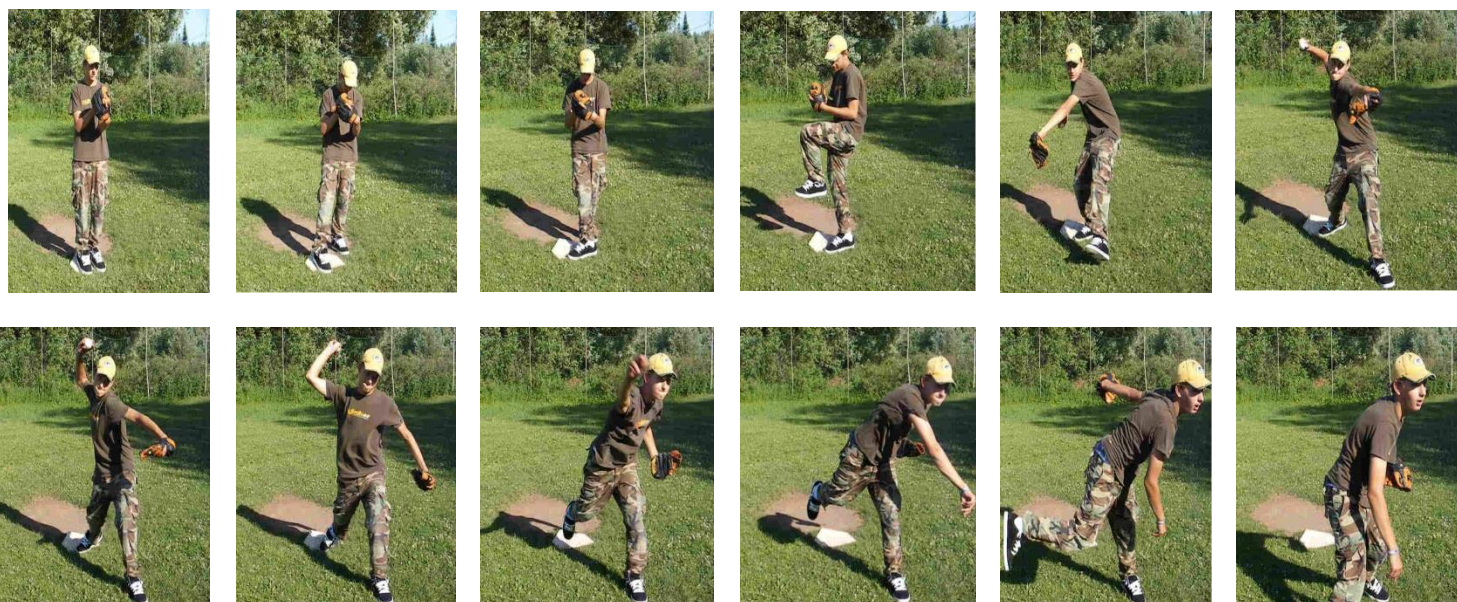
- Have a good square stance with knees slightly bent and rear elbow down.
- Watch the ball at all times from the pitcher's hand until after it leaves the bat.
- Take a stride and use your lower body to maximize the power, leading with your hips.
- Your head should not move with your body and should be facing the pitcher as the bat hits the ball.
- Follow through completely.
- Timing is critical! Otherwise you will swing too early or too late. Timing comes with practice *and* more practice!

## Throwing a baseball



- Square off the body as if you were getting ready to bat.
- Step in to your throw with the foot opposite your throwing hand.
- Use your whole body in the throw and keep your throwing elbow above the shoulder.

## Pitching a Baseball



- Square off to batter
- Move non-throwing side foot back
- Position throwing side foot sideways
- Bring non-throwing knee up
- Start stepping into throw
- Bring arm all the way back
- Start forward motion
- Continue forward motion
- Follow Through
- Square off toward batter at end

For more video/picture tutorials and practice ideas please visit the following sites:

- <https://www.usabaseball.com/>
- <http://www.my-youth-baseball.com/>
- <http://www.baseballpositive.com/practice-plans/>
- <http://www.qcbaseball.com/>

## Baseball Drills

### Batters Hitting To The Infield

Have a coach pitch or use a pitching machine to pitch to players as they rotate in from field position. Have the infield and outfield players try to make a play on first base if possible and perhaps even designate a runner. Make sure you are pitching hit-able balls. They don't have to be fast balls. The advantage of this drill is that you get fielding practice and the coach can closely watch the batter to see that proper form is used. The disadvantage of this drill is that each player only gets a few at-bats and a lot of players are not doing anything. Still, it is worth doing once in a while as it reproduces the full game experience. Don't have one of your pitchers pitching as you may spend a lot of time chasing wild pitches with little actual batting or fielding.

### Live Pitching

While other batting practice is going on, have batters individually bat against a live pitcher throwing against a fence or backstop or to a catcher. Use a pitcher that can throw the most consistent strike pitches. Have each batter hit 3-5 balls. This drill is a *must* since it is the only one that truly emulates a game batting situation.

### Hitting Wiffle Golf Balls

Have your players split up in groups of 3 or 4 with a helper/coach tossing wiffle balls to a batter in each group. The coach or helper underhand tosses a wiffle golf ball to the batter and the batter takes their *full stride and swing* to hit the wiffle golf ball. Have the coach or helpers watch for correct form and make sure no other kids are near the batter (for the sake of safety). The advantage of this drill is that a lot of hitting takes place by all players and batters can focus on watching the ball and using good form.

### Batter "Good Eye" Drill Using Colored Dots

Place several red dots on one ball, several blue dots on a second ball, and several green dots on a third. Have a pitcher randomly grab a ball and then call out a color as he/she is pitching, keeping the true identity secret from the batter. The batter should hit the ball if it matches the color called out by the pitcher. The pitcher should call out the true identity about half the time and a false identity half the time. If the actual dot color does not match the color called out, the batter should not swing. This drill forces the batter to closely watch the ball all the way in from pitcher to bat.

### Batter "Good Eye" Drill Using Multiple Balls Thrown

Have a coach underhand toss two balls and call out "top" or "bottom" as the balls are released (or after being released). The batter must hit the correct ball. This drill forces the batter to watch the ball all the way in.



# GAME TIPS FOR COACHES

- Team to be there no less than 15 minutes prior to the start of the game.
- Establish a line up for the game the evening prior to the game.
- Keep in mind that these are children and not professional players.
- Be sure that the players on your team are playing in half of the game.
- Positive coaching only.
- Positive cheering from spectators.
- Remember that this is a recreational league and that officials are learning with every game that they do.
- ***Always Display good sportsmanship and be a positive role model.***
- **Do not run up the score.** Place players that need work in certain positions so that they can gain experience. Take this opportunity to sit the better players on the team.

## General Program Rules

1. All games will start at the scheduled time. If at game time, a team is unable to field 9 players, an “official game” may be played with 8 players. Any team playing with 8 when hitting will have to take an automatic out in the missing 9 spot unless other arrangements have been made prior to the start of the game with each coach. The 9<sup>th</sup> spot may be filled at any point during the game avoiding automatic out. (4th - 8th grade games only)
2. Anything less than 8 players will constitute and marked as an official forfeit. At that point the game should be played with players present as an “*unofficial game*.” If neither team can field 8 players, this shall constitute a loss for each team. Game times that appear on your league schedule will not be changed, and should not be rescheduled for any reason other than inclement weather. (4th – 8th grade games only)
3. All PreK – 3rd grade games should be played as scheduled despite amount of players present.

### 3. Time limits for each league are as follows:

Tee Ball - 1 ¼ hrs.  
Lob Ball & Modified - 1 ½ hrs.  
Softball - 1 ½ hrs.  
Single A/Double A - 1 ½ hrs.  
Triple A/Majors - 2 hrs.

The visiting and home team will share available time prior to the start of the game for infield practice.

The home team will be last to take infield practice and remain on the field for the start of the game.

There are usually two games per night on each field. The second game of the night will start on time, or at a time no later than ten (10) minutes following completion of the first game. In the event of a delayed start, **there will be no official infield warm up**. Both teams should warm up outside the playing area and complete their scorebooks in order to begin immediately following the completion of the first game.

4. The first team listed on the schedule will be the home team and use the third base side bench. **After each game, each team will be responsible for cleaning their dugout**. Please help keep our parks clean!

### 5. Base, Pitching Distances, Stealing& Lead Offs

#### DIVISION BASES - MOUND - STEALING

**Single A** (4th grade) 60 FT - 46 FT – No stealing or leading off. Pass balls are ruled dead.  
**Double A** (5th Boys) 70 FT - 50 FT – Stealing ONLY after the ball has crossed home plate. No leading off. Any runners who intentionally leave early before the ball has crossed home plate will be issued One Warning, then any occurrence thereafter will be ruled out. Dropped 3<sup>rd</sup> Strike the batter is out.  
**Triple A** (6th Boys) 70 FT - 50 FT – Full stealing and lead offs apply.  
**Majors** (7<sup>th</sup>/8th Boys) 80 FT - 54 FT - Full stealing and lead offs apply.

## **6. SCOREKEEPING**

### **A. Tee Ball, Lob Ball and Modified League**

The scorebook for kindergarten through third grade boys and girls divisions will simply be used as a way to keep track of the batting line up. There are no standings kept for kindergarten through third grade divisions. Games should always be played as scheduled despite amount of players present.

### **B. Minors, Majors, & Junior Girls**

The home team scorebook will be the official scorebook and each manager shall furnish their lineups to the official scorekeeper prior to the start of the game. Each team is required to have a scorekeeper and should report to one another and the ump, after each inning, in order to keep accurate score. A scorecard, as kept by the umpire will be the official score for the game.

## **7. Umpires**

At least one umpire will be assigned per game by the Sylvania Recreation office. For 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade boys divisions, two umpires will be assigned per game, if possible.

Umpires will have full control of each game. Please remember, that although you, your players and fans may not agree on all of the calls that an umpire makes, it is your responsibility as the coach to keep full control of your team. If the assigned umpire for the game does not show up, coaches should agree on a neutral umpire in order to play the game and avoid a reschedule. If this situation does occur, please make sure that the game begins on time. The time limit rules will still apply if your game begins later than the scheduled time.

## **8. Make Ups**

### **A. Inclement Weather Make ups**

All games postponed due to inclement weather or darkness will be re-scheduled by the Sylvania Recreation office for 4 - 8 grade divisions. Make ups for K- 3 divisions will be optional and may be scheduled by calling the Sylvania Recreation office after you have agreed with the opposing coach on a date to re-schedule that game. Either the home or visiting team may contact the office to reschedule a ball game for the K - 3 divisions.

### **B. Extra-Curricular Make ups**

Scheduled games that have been cancelled due to other activities such as school activities, cedar point trips, etc. will not be a priority re-schedule by the Sylvania Recreation office. The coach of the team that had to cancel the game will be responsible for contacting his opponent and working out a date for a re-schedule. This must all be done prior to the originally scheduled game. Please note that the Sylvania Recreation office needs to know if your game will not be played 5 days prior to the scheduled game day. We need notice of a cancellation of this nature well in advance, to cancel the umpire for that night as well as re-issue your field for other games that need to be made up. Please try to stick to your schedule.

## Run Limits & Playing Time

### 4<sup>th</sup> – 8<sup>th</sup> grade baseball/softball run limits

1. There will be a 5 run limit per inning for all teams. After the fifth run is scored, the half inning is over. Teams will be allowed unlimited runs during the last possible inning (6<sup>th</sup> Inning).
2. No NEW inning shall start after 1 hour and 50 minutes (2-Hour Game) or 1 hour and 20 minutes (1.5-Hour Game) from the official start time. The official start time will be announced by umpiring crew and must be recorded in the scorebooks of BOTH the home and visiting teams. Any inning in process that runs over the time limit will be completed and the game will be over.
3. Additional time may be added back to the clock at the discretion of the umpires should slow play be observed whether intentional or unintentional (Ex. Equipment failures, medical attention, etc.) If that occurs umpires will alert each scorekeeper of the change in time.
4. During the 6th inning of play, if the home team is losing by 6 or more runs, the home team will bat first. If the home team doesn't tie or regain the lead by their last three outs, the game will be over.

### 2. Innings played per league game will be as follows:

Boys Tee Ball - K (4)  
Boys Lob Ball – 1st & 2nd (6)  
Modified league – 3rd (6)  
Single A – 4th (6)  
Double A – 5th (6)  
Triple A – 6th (6)  
Major – 7<sup>th</sup>/8th (6)  
Girls Tee Ball – K (4)  
Girls Modified Lob Ball – 1st (6)  
Girls Lob Ball – 2nd & 3rd (6)

3. In the event that a game is called due to inclement weather or darkness, the complete game policy for each league will be in effect when applicable. For Baseball & Softball, if the home team is leading after 3 ½ innings, the game will be considered an official game.

4. Each player must agree to play with only one team in the SRC program, with the exception of being called up to play for another team within his/her school district. Violation of this rule will result in an automatic forfeit.
5. Each player must play, at least two (2) innings per game in a 6 inning Baseball/Softball games, not necessarily consecutive if they make regular practice. Coaches have the prerogative of withholding a player for disciplinary reasons. Players on the bench who will not play must be reported to the opposing manager prior to the start of the game. In the event that a short game occurs, an eligible player may be prevented from playing two (2) due to time limit. In this case such a player must start in the next game.
6. All players present at each game will bat in the lineup for all divisions and the lineup will not change at any point during the game unless injury takes a player out of the game. If this happens, the scorekeeper will simply remove that player's name from the scorebook and the lineup will remain the same.
7. All game participants must wear a number for identification purposes, plainly visible on the back of the uniform. Players who are not so identified, will not be permitted to participate. Teams shall follow their school colors for uniforms.
8. All Games tied after regulation amount of time shall count as  $\frac{1}{2}$  game won and  $\frac{1}{2}$  game lost for each team. Extra innings shall be played if the games have not gone over the time limit. In no event shall the final inning of a game be permitted to start at a time later than the time allotted for each league.
9. No player shall be added to a team roster after the registration deadline without the approval of the school representatives and no player shall be added to a team roster after the season begins without the approval of the Sylvania Recreation office. Violation of this rule will result in an automatic forfeit.
10. Rule for filing protest:
  - A. Umpire and opposing coach must be informed of protest by manager prior to the next pitch and such point of the game shall be clearly marked in the official scorebook.
  - B. A formal letter must be submitted to the Sylvania Recreation office within 24 hours of the incident. All decisions made by the SRC Office are final.
11. Any batter who, in the judgment of the umpire, intentionally throws a bat shall be automatically declared out and ejected from the game. Any player who, in the judgment of the umpire, accidentally throws a bat shall be warned once. Upon the next occurrence the batter shall be declared out. Any other player or coach, who intentionally throws any equipment, shall be ejected from the game. If the player is a base runner, they shall be declared out.
12. The fake tag play is not allowed.

**Penalty:** Offended player is awarded one base.

13. When the defensive player has the ball or has reasonable chance of receiving the ball to make a play based on the umpire's judgment, the base runner must make every attempt to avoid contact with the defensive player. A runner may not deliberately make contact with a defensive player.

**Penalty:** The runner is declared out. If it is in the umpire's judgment, the contact seems to be malicious, the umpire has the authority to eject the base runner from the game.

#### **Defensive Obstruction:**

If the defensive player does not have the ball, and in the umpire's judgment will not have a play on the ball, he/she may not block the base path. Defensive obstruction will be called. In any event, this does not give the base runner the right to make contact with the defensive player. The base runner should run around the defensive player even if they must go out of the baseline to avoid a collision.

14. If any player is ejected from a game for unsportsmanlike conduct, that player will serve a one game suspension for the next playable game.

15. Any **player or coach who is bleeding or has an open wound** shall be prohibited from playing in the game until appropriate treatment has been administered. If medical care or treatment can be administered in a reasonable amount of time, the individual does not have to leave the game. The length of time considered reasonable is the umpire's judgment. If there is an excess amount of blood on the uniform, it must be changed or cleaned before that individual participates again.

#### **COMMUNICABLE DISEASE PROCEDURES:**

1. The bleeding must be stopped; the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.

2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when in contact with blood or other body fluids is anticipated.

3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.

4. Clean all blood contaminated surfaces and equipment with a solution made from a proper dilution of household bleach or other disinfectants before competition resumes.

5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels, and other sharp instruments and devices.

6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth to mouth resuscitation, mouth pieces, resuscitation bags, or other ventilation devices should be available for use.

7. Athletic coaches/trainers with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.

8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards, and other articles containing bodily fluids.

### ***Tee Ball Rules (Pre-K & Kindergarten)***

1. The bases will be set at 50 feet.
2. The pitcher area will be set at 40 feet from home plate.
3. Four (4) innings shall constitute a regular game: no extra innings.
4. A protective helmet must be worn by each batter, base runner, and defensive catcher.
5. Ten (10) players shall play in the field at one time. All players must be in conventional fielding positions during each inning. Any additional player (10+) must play in the outfield. The outfield is defined as the area of the fair playing field beyond lines drawn fifteen (15) feet outside and parallel to the base lines.
6. Each half inning shall consist of 6 outs, with the bases cleared after each series of 3 outs, or until all team members have batted, whichever limit is reached first.
7. There will be no strikeouts. Foul balls will be counted as strikes.
8. A foul ball results: 1) when the ball is batted into foul territory or 2) when the ball is batted into fair territory but fails to travel at least 15 ft. from home plate, 3) a batted ball travels past the required 15 ft. arc then bounces back inside the arc without first being touched by a fielder.
9. The ball must be hit off the tee at all times. Some part of the tee must be in contact with home plate. The batter must be in the batter box while attempting to hit the ball and must take a conventional set stance including a stride if desired, stepping out of the batter's box or on home plate while hitting the ball results in an immediate dead ball.
- 10 Bunting is not permitted.
11. Base runners cannot leave their bases until the ball is hit.
12. On any overthrow, there will be no advance by the base runner. The base runner(s) will be awarded the base they are trying to reach. **Exception:** an over throw in to the outfield, will remain a live ball.
13. There is no infield fly rule.
14. A home plate attendant, usually a parent, must remove the tee after the ball is hit fairly for each batter.

15. The last counted batter each inning shall be ruled out, and the inning ends: they are put out in a conventional manner or, when the ball is in the possession of an infielder (pitcher and catcher included) within the confines of the base paths. Time will be called and all runners will be awarded the base which they are attempting to reach. EXAMPLE: If a runner is around third base when time is called, he will be awarded home.

16. If both teams do not have the same number of players, the team with the greater number of players will bat all their players one time each inning. The opponents will bat the same number of batters as the opposing team each inning. Some players for the team with fewer players may bat more than one time. The team with fewer players will start their next at bat where they left off the previous inning.

17. The umpire shall call "TIME" after all play has been completed, or an infielder has control of the ball within the confines of the base path. The ball will then be returned to the catcher for placement on the tee. (Reminder: players may request "TIME" but only the umpire may call "TIME")

18. \* 1 1/4 Hr. time limit applies to Tee Ball games. If the visiting team is at bat when the time limit occurs, they will complete the set of three outs or bat through the order, whichever comes first. The home team will then be allowed the same number of outs or bat through the order, whichever comes first in the bottom half of the inning.

20. There is no run limit for the tee ball program. **We do not keep score!**

21. Infielders may not play more than 5 feet in front of the base path and outfielders may not play any closer than 15 feet behind the base path. This is intended to keep teams from crowding the infield.

#### **Points of emphasis to Coaches:**

\* Coaches should instruct hitters to take only one practice swing when they are at bat and the ball is on the tee ready to be put in play.

\* Please remember to display good sportsmanship during games. Excessive running of the bases will not be permitted. This is an instructional league and the goal of the program is to teach children about baseball, softball and sportsmanship. Remember to have fun!

#### **MODIFIED LOB BALL RULES (1<sup>st</sup> Grade Girls)**

1. The playing field shall be 50 feet base lines.

2. A pitcher's area shall be established 40 feet from home plate.

3. If a batted ball makes contact with the coach/pitcher, the ball is foul. When a thrown ball makes contact with the pitcher, the ball is in play.



4. Each batter is to receive a maximum of 5 pitches, thrown by a coach. If the ball has not been thrown over the plate or hit into fair territory by the fifth pitch, the pitcher will be replaced by a batting tee which will be placed on home plate and the batter will receive (3) final swings. Since there are no walks or strike outs for this division ALL batters are encouraged to swing. The batter is out after 8 total pitches, (5 from coach, 3 from batting tee). If the 8th pitch is a foul ball the batter is out.

5. If the pitcher intentionally interferes with a thrown ball, the lead runner shall be declared out, the ball is dead and other runners cannot advance except those forced to advance by the batter. The batter will be awarded a single.

6. The player who is designated to occupy the pitching position must stay on the white chalk line on either side of the pitching rubber until the pitched ball is hit.

7. There will be no walks from a pitched ball. If a batter is hit by a pitch, the batter will not be awarded first base.

8. Each team manager shall select an individual who will be designated to pitch to players of their own team.

9. The (coach) pitcher cannot leave his position to give instruction to the players on his team. **Penalty:** After one warning for a violation, the pitcher shall be removed from the pitching position and returned to the bench. He or she cannot pitch again during the game.

10. Bunting is not permitted.

11. Runners cannot leave the base until the ball has been hit.

12. The umpire shall call "Time" after all play has been completed, or when an infielder has control of the ball within the confines of the base paths and the play has come to an end.

13. The infield fly rule will not apply.

14. 10 players shall play in the field at one time. All players must play in conventional fielding positions during each inning. The tenth player must play in the outfield.

15. All players must play at least (2) innings in the field per game, not necessarily consecutive.

16. Six innings shall constitute a regular game. No extra innings. No team may score more than 5 runs per inning. There will be three outs per half inning.

17. All batters and base runners in girls modified lob ball must wear a protective helmet. Catchers must wear a protective helmet with face mask issued by the Recreation office.

18. **One** defensive coach will be permitted in the outfield.

19. Infielders may not play more than 5 feet in front of the base path and outfielders may not play any closer than 15 feet behind the base path. This is intended to keep teams from crowding the infield.

### Points of emphasis to Coaches:

\* Coaches must pitch the ball underhand to each batter.

\* Please remember to display good sportsmanship during games. Excessive running of the bases will not be permitted. Remember that this is an instructional league and have fun.

### ***LOB BALL RULES (1<sup>st</sup> & 2<sup>nd</sup> Grade Boys, 2<sup>nd</sup> & 3<sup>rd</sup> Grade Girls)***

1. The playing field shall be 60 feet base lines for boys, 50 feet for girls.
2. A pitcher's area shall be established 40 - 46 feet from home plate.
3. If a batted ball makes contact with the coach/pitcher, the ball is foul.
4. When a thrown ball makes contact with the pitcher, the ball is in play.
5. If the pitcher intentionally interferes with a thrown ball, the lead runner shall be declared out, the ball is dead and other runners cannot advance except those forced to advance by the batter. The batter will be awarded a single.
6. The player who is designated to occupy the pitching position must stay on the white chalk line on either side of the pitching rubber until the pitched ball is hit.
7. There will be no walks from a pitched ball. If a batter is hit by a pitch, the batter will not be awarded first base.
8. The batter is out after 3 swinging strikes or 7 pitches, if the seventh pitch is a foul ball, the batter shall be declared out. Foul balls do not count towards swinging strikes.
9. Each team manager shall select an individual who will be designated to pitch to players of their own team.
10. The (coach) pitcher cannot leave his position to give instruction to the players on his team. **Penalty:** After one warning for a violation, the pitcher shall be removed from the pitching position and returned to the bench. He or she cannot pitch again during the game.
11. Bunting is not permitted.
12. Runners cannot leave the base until the ball has been hit.
13. The umpire shall call "Time" after all play has been completed, or when an infielder has control of the ball within the confines of the base paths and the play has come to an end.
14. The infield fly rule will not apply.
15. 10 players shall play in the field at one time. All players must play in conventional fielding positions during each inning. The tenth player must play in the outfield.

16. All players must play at least 2 innings in the field per game, not necessarily consecutive.
17. Six innings shall constitute a regular game. No extra innings. No team may score more than 5 runs per inning. There will be three outs per half inning.
18. All batters and base runners in boys and girls lob ball must wear a protective helmet.  
Catchers must wear a protective helmet with face mask issued by the Recreation office.
19. In boys and girls lob ball, **one** defensive coach will be permitted in the outfield.
20. Infielders may not play more than 5 feet in front of the base path and outfielders may not play any closer than 15 feet behind the base path. This is intended to keep teams from crowding the infield.

#### **Points of emphasis to Coaches:**

\* Coaches are encouraged to pitch the ball to each batter how they are most comfortable hitting. Pitchers may throw overhand or underhand.

\* Please remember to display good sportsmanship during games. Excessive running of the bases will not be permitted. Remember that this is an instructional league and have fun.

#### ***Modified League Rules (3<sup>rd</sup> Grade Boys)***

1. Bases will be set at 60 ft.
2. The pitcher's mound will be set at 40 feet.
3. Pitchers may pitch a maximum of two (2) innings per game. There are no walks for this division, unless a batter is hit by a pitch.
4. Each batter is to receive a maximum of 5 pitches, thrown by a player, unless a normal three swing out has occurred first. If the ball has not been thrown over the plate or hit into fair territory by the fifth pitch, the pitcher will be replaced by a coach who will throw up to two (2) more pitches. The coach will assume the strike count **only**, since there are no walks for this division. The batter is out after 3 swinging strikes or **7 total pitches**, (5 from player, 2 from coach). If the 7th pitch is a foul ball the batter is out. Foul balls will count towards swinging strikes.
5. Bunting is not permitted.
6. The umpires shall call "Time" after all play has been completed, or when an infielder has control of the ball within the confines of the base paths.
7. Runners may not leave their base until the ball has been hit. There will be no stealing of bases or advance by base runners on passed balls. Each pitch not hit becomes dead.

8. The infield fly rule will not apply.
9. Ten (10) players shall play in the field at one time. All the players must play in conventional fielding positions during each inning. The tenth player must play in the outfield.
10. All players must play at least two (2) innings in the field, not necessarily consecutive.
11. Six innings will constitute a regular game. NO extra innings. No team may score more than five runs in one inning. Three outs per inning.
12. All batters and base runners must wear a protective helmet. Catchers must wear a mask, catcher's helmet, chest protector, and shin guards as provided by the Recreation office.

Catchers must also wear protective cup.

#### **Points of emphasis to Coaches:**

\* Be supportive of all the players during the game, *especially the pitchers*. Since this is the first opportunity for children to pitch, they will need a lot of encouragement from all adults and players present at each game. Show good sportsmanship at all times.

\* Please remember to display good sportsmanship during games. Excessive running of the bases will not be permitted. Remember that this is an instructional league and have fun.

#### **General Baseball Rules (4<sup>th</sup>-8<sup>th</sup> Grade Boys)**

The National Federation of High School Rules applies except for the following additional league rules.

1. Metal spikes are prohibited and only molded rubber cleats will be acceptable.
2. A protective helmet provided by the league must be worn by each batter and base runner.
3. Bats may be taped for a space not to exceed 16 inches from the small end. Metal, fiberglass, composite material, and wood bats are approved. There is no barrel size restriction and there is no length to weight ratio restriction.
4. The traditional nine (9) players shall play in the field at one time. All the players must play in conventional fielding positions during each inning.
5. A pitcher shall not pitch more than a total of two (2) innings in any game in league or tournament competition. **Exception:** Triple A & Majors may pitch three (3).
6. All players present at each game will bat in the batting order.
7. All players must play two innings in the field, not necessarily consecutive.

8. The delivery of one pitch to a batter by the pitcher shall constitute having pitched in one full inning. There is no 1/3 or 2/3 innings for a Minor League pitcher. Relief pitchers will be charged with a full inning with the delivery of one pitch.
9. Pitchers will be limited to five (5) warm-up pitches each inning. Players warming up pitchers (catchers) in the middle of innings MUST wear a catcher's helmet.
10. A pitcher, having been removed from the mound, is not eligible to pitch again in the game.
11. If a pitcher desires to walk a batter intentionally, he may do so by notifying the plate umpire who shall award the batter first base.
12. When the catcher for the offensive team is on base with two outs, a pinch runner will be substituted for him so that he may begin to put on his catcher's equipment for the next inning. The substituted pinch runner has to be the last player that recorded an out.
13. Athletic supporters of the metallic fiber or plastic type (cup) **must** be worn by all baseball catchers.
14. The hidden ball trick is prohibited. Players offended will remain on the base they occupy.
15. The infield fly rule is in effect for all leagues.  
  
DEFINITION of INFIELD FLY RULE: An infield fly is a fair fly ball (not including a line drive, or an attempted bunt) which can be caught by an infielder with ordinary effort, when first and second base or first, second, and third bases are occupied before the two are out. The pitcher and catcher shall be considered infielders for the purpose of this rule. When it seems apparent that a batted ball will be an infield fly, the umpire shall immediately declare "Infield Fly" for the benefit of the runners. If near the baseline, the umpire shall declare "Infield Fly if fair". The ball is live and runners may advance at the risk of the ball being caught, or retouch their base and advance after the ball is touched, the same as any fly ball. If the batted ball becomes a foul ball, it is treated the same as any foul ball.
16. Players who have been "called up" may not pitch.
17. All 4th – 8th grade Team Scorekeepers are to confirm score with Umpires at the end of games.

## Have a Great Season!

## Coaches - Laws to live by

We thank you for volunteering to coach the team this season! We want to remind you that your behavior as a coach is under watchful eye of the children who are on your team ... you are their role model! Please keep the following list of things in mind during the season, at practices, games and off the field.

The following list of '**Coach's Laws**' have been put in place to help you succeed as a coach/role model within our program.

1. Know the rules of the game. Make every attempt to further your education as a coach by attending the clinics that are offered throughout the season. Utilize online materials to help you develop as a coach.
2. Abide by the rules and lead your players 'by example'.
3. Respect the official(s) even if you don't agree with a call.
4. Exhibit exemplary conduct at both practices and games. A team's demeanor is a reflection of the coach's attitude.
5. Coach clean, honest, and sportsmanlike baseball/softball
6. Preach good sportsmanship.
7. Always coach and cheer in a positive manner toward your team.
8. Have Fun!
9. Practice as hard as you play in games!
10. There will be NO TOLERANCE to vulgarity.
11. Make every effort to provide the players on your team more than their required minimum playing time.
12. Minimize coaching from the sidelines during games.
13. Pre-plan all practice sessions.
14. Maintain an 'open door' policy for players and parents regarding any questions or concerns that they have.