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I. PURPOSE OF THE YOUTH BASEBALL PROGRAM

We believe that through good leadership our program will ensure successful experiences for all participants. It should encompass all of the benefits listed below:

1. Participation should develop and keep a healthy mind in a healthy body. Certain physical results are considered desirable and can be attained, subject to the differences in individual ability. These are: speed, strength, endurance, coordination, flexibility and agility.
2. Self-reliance and emotional stability can be developed through athletics.
 - A. Making decisions and accepting responsibilities.
 - B. Developing and exercising leadership.
3. Social growth is enhanced by athletics.
 - A. Appreciating what other people are really like.
 - B. Learning to get along with people - a living laboratory of democracy in action.
 - C. Learning to cooperate—"Team Work".
 - D. Learning to compete— self-discipline, emotional balance.
 - E. Making new friends.
 - F. Learning respect for rights of others.
4. Sportsmanship is an immediate and long-range goal.
 - A. Being responsible to law (rules) and order.
 - B. Observing fairness and custom.
 - C. Treating others with consideration.
 - D. Recognizing and applauding fine play and sportsmanlike acts of opponents.
5. There are other goals and values:
 - A. To develop initiative, willingness to try new things
 - B. To encourage intelligent use of leisure.
 - C. To have a fun and satisfying experience.
 - D. To participate in a wide variety of activities.
 - E. To obtain recognition, respect in the community.
 - F. To promote mental alertness.

Together, these will help make our children become better all-around citizens.

II. BILL OF RIGHTS FOR YOUNG ATHLETES

1. Right of the opportunity to participate in sports regardless of ability level.
2. Right to participate at a level that is compatible with each child's developmental level.
3. Right to have qualified adult leadership.
4. Right to participate in safe and healthy environments.
5. Right of each child to share in the leadership and decision making of the sport in which he/she is participating.
6. Right to play as a child and not as an adult.
7. Right to proper preparation for participation in the sport.
8. Right to an equal opportunity to strive for success.
9. Right to be treated with dignity by all involved.
10. Right to have fun through sport.¹

¹ Youth Sports Guide for Coach and Parents AAHPER Publication, 1201 16th St., N.W. Washington, D.C. 20036

III. ROLE OF THE VOLUNTEER COACH

The Tallahassee Parks, Recreation and Neighborhood Affairs (PRNA) would like to thank you for accepting the responsibility of coaching one of our youth football teams. No program can be a success without good leadership.

The hours will be long and you are serving without pay, but your job is most important. You will be building the moral fiber, mental health, and physical strength of young boys and girls who will be the citizens of tomorrow.

These athletes are at a most impressionable age and the training you give them, good or bad, will have a lasting effect on their young lives.

For some, playing on your team may be their only contact with organized sports. We know you will want them to remember it as a pleasurable and meaningful experience.

Without your help, this program would not be possible. For the players, parents, and the Tallahassee PRNA, THANKS!

IV. RESPONSIBILITIES OF THE VOLUNTEER COACH

Background Check

All head coaches and primary assistant coaches must complete a National Background Screening Consent/Release Form. Coaches must be cleared before coaching any Tallahassee PRNA program, this includes practices. Any team assistants or team parents are encouraged to complete a Tallahassee PRNA Volunteer Information Sheet.

Parents Meeting

All coaches must have a preseason meeting with team parents to discuss the purpose and scope of the program, code of conduct, rules and regulations, and other necessary information.

Player Supervision

In order to insure the safety of all players, Tallahassee PRNA is asking each coach to stay with their players after practices and games until all players have been picked up. If the same parent(s) are consistently late, please let your park supervisor know. The park supervisor will talk to the parent(s) regarding the issue. If the issue continues, a player may be dismissed from the league. Under no circumstance shall a coach leave a player unattended.

Parent/Spectator Control

A team is responsible for its parents and spectators. Officials may penalize a team for the behavior of its parents and spectators. Please read through the Code of Conduct and the definition and penalty for unsportsmanlike conduct.

Reporting Injuries

During games, park supervisors are responsible for filling out the Accident Report Form for any injury that requires medical attention, or for any injury that may potentially require medical attention. During warm-ups or practices, coaches are responsible for filling out the Accident Report Form. A copy of the report should be turned into Tallahassee PRNA within 24 hours.

V. CODE OF CONDUCT

Tallahassee PRNA directs many youth athletic recreational programs. We are committed to creating opportunities and experiences that will foster the development of positive moral and ethical values, and we strive to promote good sportsmanship among all participants. As a volunteer coach, I hereby pledge to live up to the following code of conduct:

1. I will abstain from using any tobacco or alcohol products in or around the playing field, or the sports complex in which the field is located. I will also refrain from participating in any practice or game activity when it is apparent that I have consumed alcohol prior to arriving. ____ Initials
2. I will refrain from using abusive or profane language in or around the playing field or the sports complex in which the field is located. ____ Initials
3. I will refrain from permitting a player to participate in a practice or game when in doubt as to the player's health or physical condition, and I will abide by a doctor's decision in all matters relating to a player's health or physical condition. ____ Initials
4. I will provide equal opportunities for all players regardless of race, color, ethnicity, religion, age, or otherwise qualified characteristic. ____ Initials
5. I will refrain from accepting any gift, gratuity, or favor that might influence my judgment. I will refrain from offering any gift, gratuity, or favor with the intent of obtaining special privileges, and will not exploit any relationship with a player for personal gain or other advantage. ____ Initials
6. I will strive to promote good mental and physical health in all aspects of participation and refrain from any type of verbal or physical abuse of any players. I will make any criticism "constructive" in nature and reserve it for private moments. ____ Initials
7. I will consistently display and demand good sportsmanship in practice and in games, including but not limited to accepting decisions of the officials in a professional manner; refraining from criticizing opposing coaches, players, and spectators; refraining from "running up the score" and congratulating opposing teams following a game. ____ Initials
8. I will conduct myself in accordance with all rules, regulations, and determinations of the particular league or program in which I am volunteering. ____ Initials
9. I will hold a pre-season parents' meeting, and maintain open communication with parents relating to all aspects of participation, including conduct of both spectators and players. ____ Initials
10. I will consistently act in the best interest of all players and the particular program in which I am volunteering, so as to provide a positive experience for all players and to promote a positive image of the program. ____ Initials

Coach Signature

Date

V. EMERGENCY PROCEDURES

We want to emphasize the importance of conducting yourselves properly in dealing with medical emergencies at your facilities. Realizing we are not empowered or trained to "treat" victims, we still have the responsibility to render front line aid and supervise the situation. This may involve discussing the situation with the victim, coach, or parent, or to call in the Ambulance Service. Listed below are some guidelines to follow, which should always be coupled with good common sense.

In the event of an accident or emergency:

1. Try to determine the extent of the injury. If in doubt as to the seriousness of the accident, do not move the patient. Keep him comfortable and reassured and call an ambulance. If the situation calls for it, apply ice or keep the patient warm and comfortable.
2. Front line care of an accident would include use of ice, stoppage of bleeding, restoring breathing, and treatment for shock, heat exhaustion or stroke.
3. Be sure victim is as comfortable as possible. If it's cold, cover them. If it's hot, loosen equipment, etc. **USE GOOD COMMON SENSE!**
4. Call for additional support. Use other adults to secure necessary materials and never leave the patient alone with other players.
5. If an ambulance is called, be sure you have someone to direct it to the site. Assist paramedics in any way you can.
6. Always prepare an accident report that will be turned in to the supervisor who will then get the information to the Parks and Recreation Dept.
7. Be sure you have access to a phone within a short period of time.
8. Submit a follow up report of the injured person. Call to find out the extent of the injury and how he is doing.

Above all, supervisors and coaches are to take charge during these incidents and must coordinate aid rendered.

Please advise all your coaches of the importance of being sure all aspects of an accident are handled properly and expeditiously.

VI. INCLEMENT WEATHER & LIGHTNING SAFETY

Tallahassee PRNA currently uses the AccuWeather SkyGuard System. This system provides staff with lightning advisories and warnings via text or email message based on a given park or facility location. Full-time athletic supervisors will receive an email and/or text with information regarding a potential storm. The athletic supervisors will alert park supervisors of one of two messages received: **Lightning Advisory** and **Lightning Warning**. During games onsite park supervisors will inform their coaches of any advisories or warnings. This system will be used to determine whether play should be suspended and able to resume activity.

Lightning Advisory = Lightning conditions exist within 15 miles of the park or facility location. Play may continue until a warning is received.

Lightning Warning = Lightning conditions exist within 8 miles of the park or facility location. All players, coaches and officials must clear the playing field. Anyone onsite at the park or facility location is encouraged to seek appropriate shelter. Play will resume when the warning expires.

During practices or when a park supervisor is not onsite, coaches will be responsible for determining whether play should be suspended. Please be aware of weather conditions. Use common sense and good judgment, and make safety a priority! Lack of rainfall is not an adequate indicator for suspending play.

If you see it (lightning), flee it! If you hear it (thunder), clear it!

Ultimately, players, coaches and spectators are responsible for their safety. If participants feel they are in danger from inclement weather or impending lightning, they have the right to leave the park or facility location in order to seek shelter, without fear of repercussion or penalty.

VII. MEDICAL ISSUES/CARE

Heat Related Emergencies

Heat related emergencies usually result from loss of fluids and electrolytes (salts) from heavy sweating. As a person continues to lose fluids through sweat, the blood volume is decreased. Blood flow to the skin increases, reducing blood flow to the vital organs. The circulatory system is affected; therefore the person goes into mild shock. If treated immediately, heat cramps and heat exhaustion can usually be reversed with prompt care.

Heat Cramps – Loss of fluids and electrolytes can begin to produce painful spasms of skeletal muscles, generally in the legs and abdomen. Skin is moist. Body temperature is usually normal.

Treatment – Have person drink cool water and rest in a cool place.

Heat Exhaustion – Cool, moist, pale, clammy or ashen, headache, nausea, dizziness, weakness, exhaustion.

Treatment – Have person drink cool water and rest in a cool place.

Heat Stroke – Red, hot, dry. Body temperature continues to climb. Person may vomit and begin to show changes in level of consciousness. Sweating may stop because body fluid levels are low. When sweating stops, the body cannot cool itself effectively and body temperature rapidly rises. Soon the brain and other vital organs, such as the heart and kidneys begin to fail. Convulsions, coma and death will result. TREATMENT ON NEXT PAGE

Treatment for Heat Stroke

- ❖ Check ABC's
- ❖ Call 911
- ❖ Remove person from the hot environment.
- ❖ Have the person lie down in a cool or shady area. Elevate the legs slightly.
- ❖ Loosen or remove clothing
- ❖ Apply cool, wet towels or sheets or cold packs to the body.
- ❖ Fan the person to help increase evaporation.
- ❖ If you only have ice or cold packs, place them on the person's wrists and ankles, in each armpit, and in the groin to cool the large blood vessels.
- ❖ Give small amounts of water to a fully conscious person.
- ❖ Do not apply rubbing (isopropyl) alcohol. The alcohol may cause poisoning through the skin or through inhalation.
- ❖ Monitor vital signs.

Concussions

After recent discussion of concussions, our program has adopted recommendations each coach will follow for the season. The following guidelines were established by the CDC.

1. Every coach will receive "A Fact Sheet for Coaches" provided by the CDC at the beginning of the season at a coaches meeting. We will also explain signs and symptoms a coach will look for at the coaches meeting.
2. Every coach will also receive a couple copies of "A Fact Sheet for Parents" that will be distributed to a parent of a child that shows signs and symptoms of a concussion.
3. Review the four steps in an action plan with each coach if they suspect a child has a concussion:
 - a. Remove athlete from play.
 - b. Ensure that the athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
 - c. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
 - d. Keep the athlete out of play the day of the injury and until an appropriate health care professional says they are symptom-free and it OK to return to play. A player must bring a written clearance to the main office before the player can start back playing. League supervisor will notify the coach when a player is cleared to play.

VIII. PREVENTING PROBLEMS

Develop Policies and Procedures: *Clearly defined organizational policies and procedures help clarify the rights and responsibilities of parents and how they should behave within the confines of the youth sports environment. Without boundaries and guidelines for behavior it is difficult to hold individuals accountable for their actions later. Often, parents are out of control because no one has ever told them they are not supposed to be out of control!*

Communication: Communication is the key to so many things a youth sports administrator is responsible for and dealing with parents is no exception! Policies and procedures will have no effect unless all involved, including the parents, are made aware of them and understand them. This is where communicating with the parents is vital. Parents must be acknowledged for the important role they play. There are several opportunities for the administrator to communicate with parents effectively: Registration, orientation and parent meetings.

Registration: Provide parents with important information in the following areas following, or during registration:

- Organizational philosophy and goals
- Season schedule
- Maps to fields or other facilities
- Policies and Procedures Manual
- Safety information about equipment
- Information about areas for parent involvement
- Details about the orientation meeting
- Parents' Code of Ethics
- The coaching approach and philosophy to be employed
- Team goals

Orientation Meeting: A parents' orientation meeting is a vital tool in developing a positive youth sports experience for children. Orientation meetings can be held on a league wide basis, on an individual basis with each coach meeting his/her team's parents, or both. The orientation meeting allows parents to raise questions and concerns while coaches and administrators are both present. It also allows the coach to get to know the parents he/she will be dealing with during the season. A healthy two-way communication process should be encouraged and initiated at the orientation meeting. Time should be left at the end of the meeting for questions from parents.

Topics to be discussed at this meeting should include:

- Structure of the league – who should parents contact with concerns or questions.
- Philosophy of the league – equal play, skill development, FUN, etc.
- Program specifics – rules, location, times, etc.
- Season specifics – duration, special events, etc.
- Equipment specifics – what is needed, what is optional, etc.
- Transportation guidelines
- Health & safety guidelines – inclement weather policies, etc.
- How parents can get involved
- The rights & responsibilities of the youth sports parent
- Parent's Code of Ethics

Get to Know the Parents Informally: The administrators and coaches of each team should make a point of getting to know the parents of the children. The coach should be aware that all families are different and the motives for children being involved in sports will vary. It may be useful for the coach to have the parents complete a simple questionnaire, asking them specifically what they want their child to get out of the youth sports experience. This questionnaire can be completed at the time of registration and then given to each coach.

By informing each parent know of the organizational philosophy many problems may be prevented in the future. Also, if the parents feel comfortable, it is more likely that youth sports administrators will have an open, constructive relationship with them. Coaches may make the effort to contact each of his/her players' parents on an individual basis or simply spend time talking to each parent at the orientation meeting. What is important is that during and after practices and games the coaches and administrators acknowledge the parents as a valued part of the youth sports experience. If ignored or shown any disrespect, parents feel less secure and are less likely to be supportive.

IX. GENERAL RULES AND INFORMATION FOR ALL LEAGUES

1. League

The league shall consist of at least four (4) teams.

2. Cost

\$35.00 (a late fee of \$10.00 will be charged after the registration deadline.)

3. Number of Players

Each team will consist of no more than 11 players for Coed T-ball/Atom leagues and no more than 12 players for the Cub League. If a park has reached its maximum number of teams, additional players will have to be assigned to another park if numbers permit.

4. Eligible Players

- A. Coed T-ball is for players four (4) to six (6) years old with April 30 being the age determining date.
- B. Atom League is for players six (6) to eight (8) years old with April 30 being the age determining date.
- C. Cub League is for players nine (8) to ten (10) years old with April 30 being the age determining date.
- D. A player may only register and/or play in one City of Tallahassee endorsed baseball program during the season.
- E. Players who are league age 6 or 8 can choose which league best fits their skill level.

5. League Boundaries

Players will be permitted to go to the field nearest or most convenient to their home. Parks may be combined to form a full league. Games may be played at a field/park other than your home park.

6. Game

- A. Game time will be 6:00 p.m or 6:15 p.m. If needed, players from the opposing team can play for a team that is short of players. Only players from that game's opposing team may be utilized when a team is short of players.
- B. The length of the game will be six (6) innings. However, no new inning shall start after one hour of play in T-ball and Atom league, and one hour and 15 minutes in Cub league. The umpire's watch or one he/she designates governs play.
- C. In the event a game is called, either two (2) innings or the regulation playing time shall constitute a game.

7. The Playing Field

- A. Distances between bases ranges between 55-60 feet at different locations, all pitching distances will be 40 feet.
- B. There will be coaching boxes at first and third base for use by the offensive coach and assistant. Defensive coaching should occur from near the player bench, in foul territory next to the fence, except in T-Ball where one defensive coach may stand in the outfield. All other assistants, parents, family members and friends should be behind the fence or in the stands.

8. Equipment and Uniforms

- A. Sneakers or one-piece sole composition soccer-style shoes. No screw on or metal cleats allowed.
- B. Team shirts and baseball hats will be supplied by the Tallahassee Parks, Recreation & Neighborhood Affairs and must be visibly worn in the game. Other uniform equipment is optional but coaches should not ask players or parents to purchase additional uniforms. No decals, letters or numbers may be added to the hats. Shirts may have the first or last name of the player on the back. The shirts may not be altered in any way, including cutting off the shirtsleeves. Teams must wear the hats and uniforms provided by the department.
- C. Batting helmets must be worn by on deck batters, batters and base runners.
- D. All other equipment is optional and must be approved by the athletic supervisor.
- E. Barrel-bat rule: If the bat used is not issued by TPRNA, the bat must be approved prior to each game by the umpire or park supervisor. **"The bat cannot be more than 33 inches in length, nor have a bat barrel in excess of 2 1/4 inches." (Big Barrel bats are not allowed).**

9. Umpires

- A. For every game, the Tallahassee Parks, Recreation & Neighborhood Affairs will furnish a paid umpire with a blue umpire T-shirt, a ball and strike indicator and other necessary protective equipment. The umpire should be in proper attire.
- B. The umpire will instruct each on deck batter, batter and runner to wear his protective helmet.
- C. The umpire's decision on matters not covered by league or baseball rules shall be final, providing the league supervisor is not on hand to make a decision. No coach may unduly delay a game. Keep in mind the impression that is being made on the players at all times. Accept the judgment of the umpire and play ball. A coach may discuss a play after the ball game.

10. Inter-League Play

There shall be no games played among teams of different parks unless they are combined to allow for enough teams to form a league. This includes any kind of play-off.

11. Standings and Averages

There will be no standings, averages or official score kept.

12. Who Plays

All players must play in every game. See specific league rules for details. Each coach will be held responsible for enforcement of this policy. This is not the duty of the umpire.

13. Tobacco

Tobacco is not allowed under any circumstances by coaches or umpires anywhere near the baseball fields.

14. Rained-out Games

Tallahassee Parks, Recreation & Neighborhood Affairs does not cancel games. The umpires/supervisors will do this at the field at game time. If there is standing water on the field, the game will be cancelled. Site and park supervisors (or coaches and umpires in their absence) are the only ones that will make this decision.

Tallahassee Parks, Recreation & Neighborhood Affairs will allow athletic fields to be used only when field conditions are deemed safe and when use will not create unacceptable damage to the fields and/or possible harm to the participants. Fields will be closed when one or more of the following occurs:

- Standing water is present on any portion of the grass or clay-playing surface.
- All grass including artificial or clay-playing surface is saturated and water is displaced when walking (squish method).
- Any other condition that is deemed unsafe or would create unacceptable damage to athletic fields or the safety of the users. This includes following the lightening policy.

16. Warm-Ups

Do not hit balls into any fencing when warming up, as it will tear up the balls and the fence.

17. Sling bat rule

If any batter slings their bat, they will automatically be called out and no base runners may advance.

18. Infield practice

Teams may take organized infield practice 10 minutes prior to game time. The visiting team will take infield 10 minutes prior followed by the home team five minutes before the start of the game. The home team will need to be prepared to start the game on time.

Infield practices for second and subsequent round of games will be based on time available. Both teams will have equal time of practice with the visiting team taking infield first followed by the home team. All games must start on time and can't be delayed by infield practice.

NOTES:

- 1) Current Cal Ripken Baseball Organization Rules and Major League Official Baseball Rules published by the National Baseball Congress of America will be used in cases not covered in Coed T-ball, Atom and Cub League Rules and regulations. Consult the league supervisor on matters needing attention.
- 2) Tallahassee Parks, Recreation & Neighborhood Affairs cannot endorse or take responsibility for team activities beyond what is established as standard procedures in conducting this activity. Activities such as photography sessions, team picnics, etc. are activities that parents must understand are their personal choice and ultimate responsibility if they choose to participate in them. Coaches are advised to refrain from actually organizing "outside" activities. If parents want to undertake these activities, it must be understood that mandatory donations for these events from team members is prohibited. All donations are "optional" and cannot affect a participant's right to any benefits afforded any other player.
- 3) Any activities or functions taking place on sites other than those sites supervised by the City of Tallahassee will be the responsibility of the individual conducting those activities.

X. T-BALL AND ATOM LEAGUE PLAYING RULES AND REGULATIONS

- 1) All players must play in the field every inning.
EXPLANATION: There will be five (5) infielders. They are Pitcher, First Baseman, Second Baseman, Third Baseman, and Shortstop. There will be no catchers in t-ball but there will be catchers in atom league. All remaining players on the roster will play in the outfield. Outfielders should be no closer than the edge of the outfield grass and must be positioned in an arc of equal depth and spacing spanning from left field to right field. Players in the pitching position should be instructed to cover home plate when necessary.
- 2) Players may not play in the infield more than two consecutive innings. Each player **must** be given the opportunity to try different infield positions in each game. For example, the same players should not always play 1st base and pitcher.
- 3) One-half inning is completed when there are three outs or ten (10) players have batted, whichever comes first. The batting team's coach must announce when the last batter comes to the plate. Time will be called as it would with any other batter. The teams will switch sides once time is called.

- 4) The runner cannot leave the base too soon or he must go back. If the runner is off base and the batter gets a hit, the runner cannot advance more than one (1) base in front of the batter. There is no leading off or stealing.
- 5) The player playing the pitcher position must stand within 3 feet to the left, right or back of the pitching rubber.
- 6) The infield fly rule does not apply.
- 7) **A fielder will not be allowed to “roll the ball” to the nearest base to get a base runner out. There must be a throwing attempt to get the runner out.**
- 8) **T-Ball Only: In order to make an out at home plate, the ball must be thrown to the batting team coach at home plate. This will always be a force play, even if the situation dictates that it is not a force play. The player cannot run to home plate and touch home plate to get an out, they must throw the ball to home plate.**
- 9) Time Out Will Be Called By The Home Plate Umpire As Follows:
 - A. Ball Hit To The Outfield: Time will be called when the thrown ball crosses from the outfield to the infield regardless of possession of the ball by an infielder. Coaches should encourage their players to throw the ball in, not run it in.
EXAMPLE: The ball is hit to left field. The player fields the ball and throws it towards second base. As soon as the ball crosses from outfield to infield, either in the air or on the ground, time will be called. **A base runner that has advanced more than halfway to the next base when time is called will be allowed to proceed to that base. If they were less than halfway to the next base when time is called, they must go back to the last base.**
 - B. Ball Hit To The Infield: Time will be called after one attempted play is made, whether the play results in an out or not. Base-runners may only advance one base at their own risk regardless if the fielder holds the ball or attempts a put out, this includes the batter.
EXAMPLE: Ball hit to the Short Stop who fields the ball and throws to first base. As soon as the first baseman either misses or catches the ball, time will be called, even if the ball is overthrown into the outfield, or out of play. The batter/base runner will remain at first base if he was safe. There are no extra bases on an overthrow to any base.

10) Batting Rules for T-Ball League

- A. The batter must stay out of the batter's box until the umpire has placed the ball on the tee. He may not swing at the ball until the umpire calls, "Play Ball".
- B. The umpire will adjust the Tee if necessary to suit the height of the batter.
- C. Batters are not permitted to swing easy or bunt the ball. The penalty is that the batter is called back and charged with a strike. The batter is called out if there is a bunt or easy swing attempt on the third strike.
- D. A strike shall be called when the batter hits the "Tee" instead of the ball. It is also a strike if the ball does not go beyond the 15-foot arc line.
- E. If the batter fouls off the third strike, the batter will get another chance and swing again, this includes if the batted ball doesn't go past the 15-foot arc line.
- F. Coed T-Ball players will bat off the tee for the entire season

11) Atom League Batting and Coach Pitching Rules

- G. The batting team's coach or assigned person shall be the pitcher. No players may pitch.
- H. This league will be all coach pitch, there will be no use of a tee.
- I. The batter will receive a maximum of 6 pitches. Strikes will be called on foul balls and missed swings. A batter will strike out if he gets 3 strikes, even if he has not received 6 pitches. If a batter does not put the ball in play during his six pitches, he will be called out regardless of the number of strikes he has. If the batter fouls off the 3rd strike or 6 pitch, the batter will get another pitch. This is the only time he would get more than 6 pitches.
- J. The pitcher coach must avoid the ball after a pitch has been hit so as not to interfere with the play.
- K. If a pitcher/ coach is hit or touched with the ball, the play is dead and any base runner will advance only one (1) base. The batter will advance to first base without liability of being put out.

Coach Pitch Rules

- 1) The ball shall be pitched overhand (not lobbed gently) by the coach or assigned person.
- 2) The pitcher coach can only pitch a total of six (6) pitches to each batter. Strikes will be called on foul balls and missed swings. A batter will strike out if he gets 3 strikes, even if he has not received 6 pitches. If a batter does not put the ball in play during his six pitches, he will be called out regardless of the number of strikes he has. A foul ball on the third strike or 6th pitch shall be considered a foul ball as in regular baseball and the batter will swing again. This is the only time he would get more than 6 pitches.
- 3) The pitcher coach may stand any distance between the pitching rubber and 10 feet in front of the mound.
- 4) There will be no walks, including the batter being hit by a ball pitched by coach.
- 5) A defensive player will play behind the pitcher coach (off the mound) but no more than three feet to the left, right or back of the mound.
- 6) If a pitcher/ coach is hit or touched with the ball, the play is dead and any base runner will advance only one (1) base. The batter will advance to first base without liability of being put out.

XI. CUB LEAGUE PLAYING RULES AND REGULATIONS

- 1) One-half (1/2) inning is completed when there are three (3) outs or ten (10) players have batted. The last batter (10th) of each inning cannot be walked. He must either strike out or hit the ball. If a pitched ball hits the 10th batter, he will have a courtesy runner and the 11th batter will be permitted to bat. This is the only occasion where eleven (11) batters would be allowed. The batting team's coach must announce when the last batter comes to the plate. Time will be called as it would with any other batter. The teams will switch sides once time is called.

- 2) There shall be no base stealing. The runner cannot leave the base until the batter puts the ball into play. If a runner is off base and the batter gets a hit, the runner cannot advance more than one (1) base in front of the batter.
- 3) The batter is out if the catcher drops the third strike.
- 4) The runner may advance one base at his own risk on an over-throw to first or third base. He may attempt as many bases as he wishes on an overthrow that is within fair territory.
- 5) The batting order is to be established before the game begins and includes all players present. The batting order may not be changed once the game starts. The batting order must include all players' names that are present for the game that day as all players bat in each game. In effect, this means that if ten (10) players bat in one inning, the eleventh (11th) player in the batting order will lead off the next inning. The batting order does not change regardless of defensive positioning.
- 6) Player Participation Rule- Players cannot sit the bench defensively or play infield for more than 2 consecutive innings. Players must be given the opportunity to play different positions in each game **and must be given an opportunity to play both the infield and outfield each game**. A player can't repeat a position he has already played until everyone has had the opportunity to play that position. Coaches should plan their line-ups before each game and make adjustments as necessary at game time. This will save time between innings and ensure each player the chance to play different positions.
- 7) The infield fly rule does not apply.
- 8) Bunting in the Cub league is permitted, **however slap-bunting isn't allowed (if a player shows bunt, he/she must bunt)**.
- 9) Time Out: A play shall be declared terminated when an infielder has possession of the ball and the umpire shall call time. If the ball is hit into the outfield, time will be called once the ball is back in an infielder's possession.
- 10) There will be four (4) outfielders playing on defense at the same time. They must line up from left field to right field in an arc.

Player Pitchers

- 1) A pitcher may pitch NO more than six (6) innings per week. (Mon. thru Sat.)
- 2) One pitch to a batter equals one full inning (per Cal Ripken rules)
- 3) Cub League will be all player pitch.

- 4) A pitcher must have 1 day of rest between pitching appearances even if he only throws 1 pitch.
- 5) No balks shall be called.
- 6) A pitcher CANNOT be returned to the mound after being removed as a pitcher even if he is placed in another position and remains in the game. The pitcher must have one (1) foot in contact with the pitching rubber until the ball leaves his hand.
- 7) The regular number of balls (4) and strikes (3) will be called.
- 8) A batter who is hit by a pitch must have a courtesy runner. If a pitcher hits two (2) batters or walks 5 batters in the same inning, he must be removed from the pitcher's position. Intentional walks are prohibited.
- 9) Catcher equipment "speed up rule"- The last player who made an out will replace any catcher who is on base with 2 outs. This will allow the catcher to return to the dugout and get his equipment on so play will continue in a timely fashion in the next half inning. NOTE: Coaches should see that catchers have their equipment on in all other situations so play will not be delayed.