



North Regina Little League 2021 Coaches Package



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INTRODUCTION

Thank you for volunteering your time and talents to coach Little League! This coaching package will provide an overview of coaching expectations and rules of play for North Regina Little League (NRLL). Please read the complete package and direct any questions to your Division Commissioner.

Our website (www.nrll.ca) will be continually updated throughout the season including schedules, scores, standings and photo gallery. Please check back often for updates. Please note that important and timely information will also be sent to the email address you provided at registration.

We hope you enjoy your Little League coaching experience. If there is anything we can do to help make your job a little easier, please let us know.

HOW DO YOU WANT TO BE REMEMBERED?

My own experiences as a player in Little League are memories that are "priceless", but let's examine why.

Here is what I don't remember:

I don't remember how many hits, home runs, wins, losses, strikeouts, league championships, All-Star wins or losses. For whatever reason, these are not important enough to remember.

Here is what I do remember:

I remember how it felt when our phone rang, and the coach informed my parent that I was drafted to a team. I remember the feeling I had when I first put the uniform on. I remember our coach rewarding us with a snow cone if we committed fewer than four errors in a game, regardless of whether we won or lost.

I remember my coaches who put so much time into working with us that we often forgot we played baseball. I remember we were friends first; that happened to play on the same team. Practices were filled with interesting and fun drills that reinforced sound fundamentals.

My point is that too often people get caught up in the winning and losing of games and often lose sight of why they are there. Adults volunteering for the children of their community are most important. The reason should be to provide a safe fun atmosphere for kids to learn and grow as individuals. Learning how teamwork and dedication can help them accomplish any goals they set for themselves.

I see my coach from time to time as he/she is still a volunteer. Visiting with my coach reminds me about all that is good in Little League and how much of an impression my coach had on me as a child and how that carried through to adulthood.

Now, let's get back to my original question. How do you want to be remembered? Wouldn't it be nice to have one of your former players approach you with their son or daughter and say, "Let me introduce you to my Little League coach!"

LITTLE LEAGUE COACH REQUIREMENTS

Besides a desire to ensure all players have an enjoyable experience playing baseball, we also have the following requirements of our coaches:

Criminal Record Check: We require a Criminal Record Check that is not older than two years from the end of the season (end of June). Criminal Record Checks can be obtained on the second floor of the Regina City Police Headquarters or can be ordered on-line.

Respect in Sport: We require coaches to complete the on-line Respect in Sport certification. Coaches need only perform this once and your certificate is valid for all subsequent years. This certification can be found at: www.sasksrc.respectgroupinc.com

Criminal Record Check and Respect in Sport must be done at the time the coach registers. Any individual that has contact with players must complete these requirements. If these are not completed, the coach may face possible suspension and or the team may be fined.

COACHING PHILOSOPHY AND ROLES

The intent of this illustration is to highlight the important role coaches play in the development of their sport and the young athletes who participate. As a coach you will have a strong influence on your athletes.

PRACTICE SESSIONS	LEAGUE	PHILOSOPHY
Planning	Meetings	Discipline
Training Methods	Co-operation	Role
Drills	Fundraising	Leadership
Equipment		Goal Setting
GAMES	ATHLETE	PARENT
Rules	Safety and Injuries	
Strategies	Physical Development	Communication
Statistics	Capabilities	Education
Evaluation	Social Development	

As you prepare for the season ahead, you will be concerned with these areas in varying degrees. How you respond and react to these areas will depend on your knowledge, coaching experience, and the capabilities of the players that you are handling.

The purpose of this section is to assist you in understanding your role and influence, and to create a greater awareness of the responsibilities of coaching young baseball players.

Please make this influence POSITIVE.

While we strive for competitive baseball, it must also be FUN. We insist upon equitable playing time; with a balance of innings playing infield, outfield, and taking turns on the bench. Players expressing an interest in pitching or catching should be provided with an opportunity to do so. As a coach it is your job to develop all of your players. Do not forget to stress the role of the parents and the importance of practicing at home.

ASK YOURSELF

When developing your approach to coaching, ask yourself:

Who am I? Most likely you are a parent with a limited background in coaching or perhaps a parent who played Little League baseball as a youth.

Why did I volunteer to coach? Perhaps you enjoy working with kids and are willing to help. Or perhaps you are a parent of one of the players. Or perhaps a team of youngsters won't be able to play this year unless they find a coach.

What are my capabilities? Don't underestimate yourself. This package, along with coaching clinics and other resources, will help you become a successful coach. Don't be afraid to ask for help from your league if you need additional coaching resources.

Why did members of my team register to play baseball? In many cases children join because their friends are playing. There will be some who wish to be champions, and unfortunately, there will be others there because of peer and parental pressure. In all cases, team members will want to have fun. FUN is the key element to measuring success.

What do the kids expect from the program? Most will expect total enjoyment because baseball is supposed to be fun. They want to be taught new skills and see improvement in a non-pressure atmosphere. Above all, kids want to play - not sit on the bench! They expect to participate in every game and practice...and they should. They also expect to be rotated between infield and outfield.

What will the team expect from me? They will not see you as an average person who has agreed to volunteer time to coaching. They will expect you to be that special person who will help make their goals a reality. They will be very aware of and will mirror your attitude to losing and winning, your manner with umpires, your enforcement of rules, team control, etc. Remember you are the role model your players will follow, so set out your expectations regarding appropriate behavior right from the start (to the parents and the players).

What are my expectations this season? Most coaches do not have great expectations or objectives. They should realize that a job well done does not necessarily mean producing a winning team. A coach's philosophy should be flexible as it will, and should, change as his/her knowledge and experience increases.

Remember, everyone makes the playoffs. Overall development of all players is critical to success for the team, as well as the players individually. If a child learns new skills, is kept interested and has fun, they will want to play again next year. Judge your success on player improvement and the number of returning players, not on a win/loss ratio. A coach should be aware of the following basic areas:

1. **Character building:** A coach can be instrumental in developing sound attitudes in youngsters who participate in baseball. It should be remembered that young children learn a great deal by watching and imitating adults. It is, therefore, important that coaches lead by example.
2. **Discipline:** Rules for teams are necessary and important. They should be kept to a minimum and clearly defined. A coach should be firm and consistent when maintaining discipline. Discuss this issue at your parent's meeting. If a player requires discipline, always have another coach or adult present. Decide whether the issue should be addressed alone to the player, or to the team. Keep the parents informed if something has happened right away.
3. **Co-operation:** Twelve ball players working together is a worthwhile goal. Do not allow players to fault teammates when mistakes occur. Remember there is no 'I' in team.
4. **Emotional control:** Coaches and players alike must maintain poise and control if umpire calls or the breaks go against them. Players and umpires alike are trying their best. Any inappropriate behavior (swearing, yelling, belittling, etc.) will be subject to review and possible suspension. As the coach you are also to control your team's parents.
5. **Social development:** New friendships and contacts will develop through participation in baseball.
6. **Winning at all costs:** Coaches must guard against unhealthy 'win' oriented attitudes that too often exist among adults in amateur sport. Development of sportsmanship, improvement in skills and participation in the game should be emphasized, not the result.
7. **Teaching methods:** Coaches can motivate young people to improve their skills and attitudes by communicating with them in a POSITIVE manner.
8. **Goal setting:** Too often coaches set unrealistic goals for young children. Goals should be reasonable and realistic. Usually, the children's expectations can be determined by simple questioning.
9. **Athletic injuries:** A volunteer coach is not expected to be an expert in treating injuries. He/she should, however, make certain that injuries are taken care of by a qualified medical person.

Some common baseball injuries are:

- Blisters - Blisters should be kept clean and covered, especially if broken.
- Nosebleed - Have the player sit with the head slightly forward. Avoid breathing through the nose and pinch the nose firmly just below the hard part.
- Sliding Burns - Wash the area with a mild cleansing solution, dry and cover.
- Neck and Back - If the injuries are severe, DO NOT ATTEMPT TO MOVE THE PLAYER. Call for an ambulance.
- Sprains - Ice should be applied to the area to reduce swelling. If the injury is severe, an x-ray should be taken.

Remember, it is important to remain calm. Leave the treatment of a serious injury to a physician. In the case of an emergency, call 911.

10. **Player development:** It is important to help develop your players in all positions of the game. It is important to give everyone an equal amount of practice time at every position in order to give them a chance to improve their skills. It may not be possible for a player to play every position in a game. It is especially critical that coaches develop pitching skills. Your team may start the season with only a few pitchers, but with an emphasis on pitching skills for all players, you may end the season with a full team of pitchers. Given the pitching rules you will find that you will need many pitchers throughout the season.

These points have just scratched the surface of some of the many aspects of coaching. It should be apparent that coaching is a demanding and responsible position. This league's philosophy will guide you in planning your goals for the season. Medical supplies to treat minor injuries are in the clubhouse, but coaches are recommended to keep some bandages etc. in their equipment bag.

TOURNAMENTS

Unfortunately, due to the COVID-19 and the restrictions on gathering size and travel, we expect that there will be no Little League tournaments in 2021. We are investigating the opportunity to continue with the Minor and Major AAA and AA showcases given our close inter-league play with Saskatchewan Little League. In addition, we encourage you to seek out exhibition games with other baseball leagues in your district (i.e. Regina Baseball Association).

Regina Baseball is similar to Little League but the main difference is the age groups and age cut-offs. We have found from experience that our AAA teams compete well against their AAA teams, and our AA teams against their AA teams. If you plan on arranging an exhibition game, please notify your league as there are special forms that must be filled out.

ALL-STAR SEASON

Head coaches for the All-Star teams (AAA) will be decided in June should an all-star season become a reality. Assistant Coaches would be named once the roster is finalized. All Star baseball in 2021 will be the Sask Little League Provincial playoffs should other Saskatchewan Little Leagues form teams and participate.

AFFILIATED PLAYER (AP) POLICY

- Coaches must have permission from AP player's Coach and Guardian.
- AP players must not pitch or play the position of catcher.
- Team must have less than 10 players to use an AP. Teams cannot exceed 12 players with the use of APs.
- Little League Fair Play Rule in effect for all APs.
- AP players to be chosen by coaches at the draft following the same order as draft.
- Coaches may trade AP players at draft (i.e. siblings, family members, ease of getting to games)
- AP player must prioritize house team commitments over AP opportunities.

DIVISION	T-Ball	Junior Rookie	Senior Rookie AA	Senior Rookie AAA
1 ST CHOICE	T-Ball	Junior Rookie	Junior Rookie	Senior Rookie AA
2 ND CHOICE		T-Ball		Junior Rookie

DIVISION	Minor AA	Minor AAA	Major AA	Major AAA
1 ST CHOICE	Senior Rookie AAA (2 nd year players)	Senior Rookie AAA (2 nd year players)	Minor AAA (2 nd year players)	Minor AAA (2 nd year players)
2 ND CHOICE	Minor AA	Minor AA	Major AA	Major AA

DIVISION	IJS AA	IJS AAA
1 ST CHOICE	Major AAA (2 nd year players)	Major AAA (2 nd year players)
2 ND CHOICE	IJS AA	IJS AA

RULES FOR DRAFT

1. One Head Coach and one Assistant Coach per team may attend the draft. Selection for team names will be drawn out of a hat at the beginning of the draft.
2. Coach and one Assistant will be able to protect their child in a round determined by the NRLL Executive. Maximum of two protected players per team. Coach or Assistant without a child playing will be able to protect a niece, nephew or grandchild (relatives only).
3. The draft will be a snake draft. This will happen for the remainder of the draft, till all the teams are picked.
 - a. First Round: First to last
 - b. Second Round: Last to First
4. The number of players chosen in the draft will be predetermined. a. Example - If there are 3 teams with each having 12 players the first 46 in the draft ranking will be eligible. 10 players above the max allowed players for teams. If 36 kids need to be taken 80% of the max number of players will have to be taken. The first 28 kids must be taken before the draft opens to all the remaining kids, 29 through 46. If there are first year players in the first 28 players, they must be divided equally amongst the teams
5. Each team must have a minimum number of first year players (to the Division). This will be adjusted according to registration numbers.
6. Teams will have three minutes to choose players.
7. Any player signing up after the draft will be placed on the team that:
 - a. Has less than 12 players (had a player that quit)
 - b. Is next in line to draft.
8. Unevaluated players for the draft will be selected as follows:
 - a. Unevaluated and unknown - will play in the lower division and will be selected by the coaches.
 - b. Players that did not evaluate but played 'AAA' the year before in the same Division will be made available in the draft but may not be picked.
9. If two or more family members are in the same Division, and rate in different levels, requests to be placed on the same team will be accommodated by the child in the higher level being moved down to the lower level.
10. There will only be allowed two trades per team. Players traded during this process must be agreed upon by both coaches and approved by the Commissioner of that Division. Trades may only be for players taking in the same round or one round above or below that round. Trading will only take place after the draft is complete and coaches will only have 5 minutes to accomplish this. There will be no trading of players after the draft is closed.

COACH | MANAGER MEETING

Your Commissioner will schedule a meeting with coaches within your Division and Tier (i.e. Minor AA) to help answer any questions you may have about the upcoming season. Attendance at this meeting should be a priority as it will ensure you have everything you need for a successful season, such as:

- Picking-up equipment and uniforms
- Meeting other coaches
- Understanding the practice schedule
- Understanding processes book practice diamonds
- Arranging team pictures
- Organizing division ramp chat groups to discuss league specific items in conjunction with the divisional commissioner.

EQUIPMENT

- You will pick up your equipment at the Coaches Meeting.
- Each team will be provided a full set of equipment, including practice baseballs. If required, additional baseballs may be purchased at the team's expense. Bats will not be included in the equipment bags due to players not being allowed to share equipment.
- An Equipment Bond will be charged before equipment is released. This can be paid by cheque.
- We recommend not making any major equipment purchases without the approval of parents, who are ultimately paying for the equipment via team fees.
- At the end of the season (last playoff game), you will be responsible for returning all of the equipment provided to you. Pieces of equipment not returned at the end of the season will be taken out of the Equipment Bond and/or charged back to the team.
- Bond fees are as follows:

DIVISION	BOND FEE
Tee Ball	\$50
Junior Rookie	\$50
Senior Rookie	\$120
Minor	\$150

Major	\$170
Intermediate Junior Senior	\$200

Do not make any major purchases without the approval of parents at a team meeting. Our goal is to keep costs as minimal as possible.

UNIFORMS

- You will pick up your uniforms at the Coaches Meeting.
- Registration Fees include the cost of the uniform, therefore the player will keep the jersey and hat at the end of the season.
- Registration Fees must be paid in full before a player can receive their uniform. You will be notified by your Commissioner of players who have not paid their fees in full.
- The Uniform Coordinator will be happy to work with you if you have players that require smaller or larger uniforms.
- Unregistered or non-uniformed players may not play in Regular Season games.
- Players are not allowed to have their names on their jerseys. This is a Little League rule that promotes focusing on the team rather than the individual.
- Teams may choose to embroider the logo of their team (i.e. Royals, Cubs) on their hats or jerseys, at the cost of the team.

SEASON INFORMATION

- Practices can begin as soon as teams are formed.
- Games will begin May 30st and continue thru the end of June. Play-offs for those teams entering will begin in early July and run for 2 weeks.
- With a condensed schedule you can expect to have 1-3 games per week.

BOOKING TRAINING FACILITIES

The following facilities are available to train and develop players and can be booked through an application called Skedda. Each Head Coach will be provided access to Skedda; Assistant Coaches wishing to have access can contact us at register@nrll.ca.

Batting Cages

Batting Cages will be open and available for booking through Skedda for the 2021 season.

Practice Diamonds

North Regina has access to a number of school diamonds that Coaches can use for e practices. Diamonds may only be booked one week in advance to allow for equal access among coaches.

COMMUNICATION WITH PARENTS

We encourage you to have a Parent's Meeting very early on to discuss things like:

- Assistant Coaches or parents willing to help during practices and games.
- Volunteers to fill the Team Manager and Parent Liaison roles described in the rules.
- Your coaching philosophy and what parents and players can expect from you throughout the season.
- Your expectations of parents and players throughout the season. This may be done in advance by email or phone if you choose.
- Player uniform including colour of pants, socks and belt.
- Proper player equipment such as baseball glove, batting helmet (properly fit, CSA approved, labeled), groin protection and bat (no sharing of bats this season unless between siblings).
- Team pictures, clothing and any teambuilding activities.
- Return to Train and Return to Play guidelines to be implemented at practices, games and in the NRLL park.
- Examples of a Parent Meeting Agenda and Expectation Letter is available in the Coach Toolkit on www.nrll.ca.

DIAMOND PROCEDURE

1. Coaches are to pick-up score sheets and pitch count sheets from the club house.
2. Umpire is to return white copy of score sheets and pitch count sheets and clip board to the clubhouse after the game.
3. Home/Winning Team is to update the scores on the website. In the case of a tie, the home team will do it.
4. Coaches are to ensure their dugout is cleaned up after the game. If Dugouts are left in an inappropriate manner, team is subject to a fine.
5. All coaches are to dress appropriately.
6. No one is permitted to swing a bat outside the playing field and there is no on deck circle.

ONLINE SCORING

All the schedules are posted to the website. The scores and standings will also be posted.

That's where you come in. If you are the winning team - we want, you or someone you appoint from your team to enter the score on the website as soon as possible following the game.

RULES OF PLAY

Coach, Player and Spectator Conduct

1. Zero Tolerance Policy – There is no smoking, no alcohol and no drug use allowed in any of our parks. You will be asked to leave immediately.
2. Foul language and inappropriate behavior by coaches and/or players will result in immediate ejection from the game and may be subjected to further discipline.
3. Each coach is responsible for the conduct of his/her team's players and fans. Foul language and inappropriate behavior by parents and/or fans will result in immediate removal from the ball park. Coach will comply with league officials request to control fans; league will become involved if necessary. Zero Tolerance Policy in abusive language and/or actions towards an official.
4. Should there be a major dispute with an umpire on a rule, the coach will be asked to fill out a report within 24 hours and turn it in to the Umpire-in-Chief or a league Executive member. Any coach found mistreating or abusing an umpire will be required to umpire one game free of charge for the league and will be subject to suspension.
5. Each team may have a Team Manager responsible for collecting tournament fees, handling team monies, coordinating league fundraising for the team, distributing information, etc. Your Team Organizer should be someone other than the spouse of the coach.
6. Each team must have a Parent Liaison that acts as an impartial liaison between parents and coaches. Your Parent Representative should be someone other than the spouse of the coach.

Attire and Uniforms

7. A player must be dressed in uniform in order to be eligible to play. This includes the team hat, jersey, pants and shoes. Players losing any part of their uniform will be responsible to replace it immediately at their own expense.
8. The League recommends that all players wear Jocks (for boys) or Jills (for girls). All Catchers are required to wear groin protection as well as a dangling throat guard from their catcher's mask.
9. Coaches must wear appropriate coaching attire including a baseball hat, T-shirt or collared shirt, pants (no jeans) and/or dress shorts, closed-toe shoes. No board shorts or flip flops.

Dugout (see page 21 for Return to Play guidelines specific to use of dugouts)

10. Home team dugout will be the 3rd base side.
11. Only players and coaches are allowed in the dugout. No brothers, sisters or other relatives allowed in the dugout unless they are coaches.
12. Coaches are responsible for keeping their players in the dugout.
13. There is no on deck circle and therefore no swinging of bats until the player is up to bat.
14. No sunflower seeds or gum allowed on the diamond (risk of choking) or in and around the dugout. This includes coaches and players. Team may be fined if dugout is in worse condition than when they arrived.
15. All equipment must be kept outside the fence.
16. Offensive: Maximum of 3 coaches allowed in the dugout. Two on the field during their team's bat.
17. Defensive: Coaches must coach from inside the dugout when their team is in the field.

Be On-Time and Ready

18. Coaches are responsible to know game times and location for regular season, and year-end Jamboree.
 - a. In the event of rain, visit your league website to determine if games are cancelled. Do not assume games will be cancelled just because it drizzles a bit – a good Saskatchewan wind can dry things up quickly.
 - b. In the event of a rainout, it is the coach's responsibility to find out when the game has been rescheduled.
19. Coaches are responsible for having themselves and their team at the diamond and ready to play at the scheduled time.
20. Please ensure that your team performs their pre-game warm-up away from all spectators and/or vehicles.
21. The visiting team should be ready to take their pre-game warm-up approximately 20 minutes before the start of the game, with the home team to follow approximately 10 minutes before the game. If you are late for your practice time, you will lose your warm-up as games must start on time.
22. Coaches are responsible to have themselves and their teams at all league events, such as Opening Day.

Scorekeeping and Pitch Count

23. Home team will supply the Official Scorekeeper.
24. Visiting team will supply the Official Pitch Counter (to sit near the Scorekeeper), who shall advise the umpire when a pitcher has reached maximum number of pitches.

25. Coaches are responsible to advise the Official Pitch Counter when changing pitchers.
26. Coaches are to keep their copies of the score sheets and pitch count sheets for the season.
27. Player's numbers and real names (no nicknames) must be used on the score sheet.
28. Score sheets, Pitch Count sheets and clipboards are to be returned to the Clubhouse at the end of each game.
29. Winning team is to enter the scores on the website and/or TeamSnap.

Pitching Rules

30. Members of the coaching staff are responsible to know the pitch count for their team's pitchers. Coaches who fail to adhere to the Pitch Count Rules will be subject to possible suspension.
 - a. Minor AA/AAA: Each pitcher is allowed a maximum of 75 pitches per Calendar day.
 - b. Major AA/AAA: Each pitcher is allowed a maximum of 85 pitches per Calendar day.
 - c. Intermediate, Junior, Senior AA/AAA: Each pitcher is allowed a maximum what the current Little League Rules state. Refer to current Little League Rules Book
31. A pitcher must be removed from the game (as a pitcher) on the second visit to the mound in that inning.
32. All Divisions (except Minor AA and Major AA) - PITCH COUNT Regulations
 - a. If player pitches 1 - 20 pitches in a game, no calendar days of rest is required.
 - b. If player pitches 21 - 35 pitches in a game, one calendar day of rest is required.
 - c. If player pitches 36 - 50 pitches in a game, two calendar days of rest is required.
 - d. If player pitches 51 – 65 pitches in a game, three calendar days of rest is required.
 - e. If a player pitches 66 or more pitches in a game, four calendar days of rest is required.
33. A calendar day rest is not 24 hours. There must be 1 full day rest between pitching. (Example: If player pitches Friday, player is not eligible to pitch until Sunday).
34. There is no limit on the number of pitchers a team can use during the game.
35. If a team has 2 Regular Season games in a day, the pitch count is cumulative. If a player pitched 20 in the first game, he would start the second game at 21 and would have to follow the correct amount of rest days based on the daily total. If a player pitched more than 20 in the first game, they would not be eligible to pitch in the second game.
36. Remember to know the strength of your pitchers as there is no need to throw an athlete's arm out at these ages.

37. A player may continue to pitch to a batter without penalty to pitch count until the batter reaches base or is put out. The coach must yell “last batter” and ensure that the pitch count recorder has heard the intention before the threshold is reached. Pitch counter will place a solid line on the pitch count to indicate last batter and will continue to count pitches
38. Leagues shall advise coaches as to any specific Pitch Count Regulation changes for tournaments and playoffs (where teams may be required to play more than one game per day).
39. Once a player has been utilized as a pitcher and has delivered 41 or more pitches in a day, that pitcher cannot play the position of catcher during the remainder of the day (NOTE: a back catcher can be used as a pitcher in the same game as long as they have not been a catcher for 4 or more innings).
40. Warm up pitches are not included in the pitch count, but warm ups should be limited to maximum of 8 pitches for new pitcher or 1 minute, 4 pitches if player was pitching in previous inning. Coaches should arrange line-up or use substitutes to ‘warm up’ the next ‘relief pitcher’ in the bull pen while their team is playing defensively in the field (to speed up the game).

Strike Zones

41. Strike Zones will be set by the leagues in consultation with Umpire in Chief. Recommended strike zones (for coaches to encourage batters to not ‘look for walks’), is generally as follows:
 - Minor ‘AA’ - 2 ball widths outside plate, below knees to top of shoulders
 - Minor ‘AAA’ - 2 ball widths outside plate, bottom of knees to armpits
 - Major ‘AA’ - 2 ball widths outside plate, bottom of knees to armpits
 - Major ‘AAA’ - 1 ½ ball widths outside plate, knees to armpits
 - Junior ‘AA’ - 1 ½ ball widths outside plate, top of knees to armpits
 - Junior ‘AAA’ - 1 ball width outside plate, top of knees to letters/below armpits.

Timeouts and Trips to the Mound (see page 21 for Return to Play guidelines specific to mound visits)

42. When calling for time, the coach must first get approval from the umpire before entering the field of play.
43. Trips to the mound:
 - a. Rules apply as per the OFFICIAL RULES and REGULATIONS of Little League Baseball.
 - b. For all divisions the coach may advance to the mound to talk with the pitcher or other players.
 - c. The mound visit rule will be in effect for all Divisions, player must be removed on the second visit to the mound in the same inning.

Pitching Distances

44. The pitching distances are:

- a. Senior Rookie AA/AAA – 39 Feet
- b. Minor AA – 40 Feet
- c. Minor AAA/Major – 46 Feet
- d. Intermediate, Junior, Senior AA/AAA– 54 Feet

Lead-offs

45. Minor and Major - There is no leadoff allowed. Base runners can attempt to steal only as the ball is crossing home plate. Any advancing of bases is allowed if the ball is live.
46. Intermediate, Junior, Senior AA & AAA - Leading off is allowed.

Balks

47. There are no BALKS called in Minor or Major baseball.
48. Intermediate, Junior, Senior AA & AAA - Rules apply as per the current Official Rules and Regulations of Play.

Playing Time Rules

49. Minor AA, Major AA, Intermediate, Junior, Senior AA - Coaches are required to play each player a minimum of 4 (four) defensive innings per game during the regular season, and 3 (three) during the play-offs. Failure to do so will be subject to league discipline.
50. Minor AAA, Major AAA, Intermediate, Junior, Senior & AAA - Coaches are required to play each player a minimum of 6 (six) defensive innings over 2 games. A player must be on the line-up card in order to bat and must receive at least 3 at bats over 2 games. NRLL: Our understanding is 6 (six) defensive outs and everyone bats.
51. All Divisions - Remember that although this is to be competitive baseball, all players must receive fair treatment and equitable playing time (re: number of innings on bench, number of innings playing infield/outfield, positions) and the Fair Play Policy is to be administered throughout the season. Coaches are to keep their line-up/ player position sheets from all games to verify (if necessary) that fair play has been followed.

Game and Season Format

52. Regulation game is 4 innings or more for Major and below, 5 innings or more for Junior and up. If the home team is up after 3-1/2 innings and the game is called due to weather, the game is considered complete. (4-1/2 for Junior and up). Game is considered complete if time limit is reached before minimum innings are played. If a game is called due to weather before regulation innings or time limit is reached, game is cancelled and will be played again from the beginning. Pitch counts for the cancelled game will not count.

53. All efforts will be made to reschedule games that are stopped due to weather and do not reach a regulation game. However, depending on diamond availability, amount of games to be rescheduled, and many other factors, games may be cancelled and considered a 6-6 tie for standings purposes. Decision will be made by the league; scheduler/coaches will be notified.
54. Playoff format will be decided prior to the start of playoffs, but will be subject to change by the league and the scheduler if weather is impeding the progress

General

55. All Divisions are to use a full roster batting rotation.
56. Players must avoid contact at home on a close play at the plate or they may be called out.
57. All catchers must wear a mask and helmet while warming up a pitcher.
58. Coaches are not allowed to warm up the pitcher before the inning is to start. Coach must have a player with a helmet warm up pitcher.
59. Infield Fly Rules: There is no infield fly rule in Minor AA and Major AA Divisions.
60. Player Call-Up Policy: If your team is going to be short players (10 players or less) you will be allowed to call up players from your AP list. The coach of the player being called up must be notified of the move. The player(s) called up will not be allowed to play the pitcher or catcher positions and must be allowed to play. Teams calling up players cannot exceed 12 players on their game roster.
61. The use of 'Spinners' is not permitted anywhere in the park.
62. No intentional walks during Regular Season play.

DIVISION SPECIFIC RULES

NOTE: Please note that some of these rules may change as we adjust to the Return to Play guidelines. Rule changes will be made in consultation with coaches as the season progresses.

T-Ball

- No New Inning after 40 Minutes, 6 innings max.
- Each batter gets 5 tries at the tee before out. Before being awarded first base.
- Every player bat per inning.
- A ball hit to the outfield is dead when it enters the infield area (inside bases). Player must not advance any bases once ball is in infield.
- No Stealing.
- No bases awarded on over throw.
- Five infielders and a pitcher are allowed in the gravel infield, the remainder must be in outfield (on the grass).
- There is to be no score keeping.

Junior Rookie

- No new inning after 45 minutes. 6 innings maximum.
- Each batter gets 6 pitches to hit the ball. After 6 pitches, the coach will bring out the tee for player to attempt 2 swings. If player does not put ball in play, player will be out. Foul on 8th swing earns 1 more attempt. Player must contact the ball prior to hitting the tee, to consider the ball in play.
- Outs or maximum of 4 runs per inning – whichever comes first.
- If the ball hits the coach it is a live ball.
- A ball hit to the outfield is a dead ball when it re-enters the infield area (inside bases). Player must not advance any bases once ball is in infield.
- No stealing.
- No bases awarded on an overthrow.
- No back catchers are to be used. Please use a parent/coach to assist with this.
- Five infielders and a pitcher are allowed in the gravel infield, the remainder must be in outfield (on the grass).

Senior Rookie 'AA'

- During the first 2 weeks of the season, a pitching machine or coach pitch will be used. On June 14th, player pitch rules are in effect. (See Senior Rookie AAA pitching rules)
- No new inning after 1 hour. 6 innings maximum.
- 3 strikes, no walks on 4 Balls.
- 3 outs or maximum of 4 runs per inning – whichever comes first.
- A ball hitting the pitching machine or the coach running the machine is a dead ball; runner is awarded first base.
- A ball hit to outfield is a dead ball when it re-enters the infield area (inside bases). Player must not advance any bases once the ball is in infield.
- No stealing.
- No bases awarded on an overthrow.
- Four infielders, a pitcher, and a catcher are allowed in the infield; 3 outfielders during defense
- Infield fly rule is NOT in effect

Senior Rookie 'AAA'

- No new inning after 1 hour and 30 minutes. 6 innings maximum.
- If 4 balls are thrown, the offensive teams' coach pitches to their own player. Player can either strike out or get a hit but cannot be walked when coach pitches. Player cannot reach first during coach pitching if hit by ball.
- When player pitching directly hits batter, the batter is awarded first base but not if the ball bounces before hitting the batter.
- 3 outs or maximum of 6 runs per inning – whichever comes first.
- Stealing is not permitted
- In field fly NOT in effect
- A ball hit to outfield is a dead ball when it enters the infield area (inside bases). Player must not advance bases once ball is in infield
- Pitch count rules in effect.
- Pitcher can only pitch 2 innings per game maximum (Still following pitch count rules)

- Only two coaches allowed on the field during offensive game play.

Minor 'AA', Minor 'A'

- No new inning after 1 hour and 30 minutes. 6 innings maximum.
- 3 outs or maximum of 4 runs per inning – whichever comes first.
- Stealing permitted except to home.
- If catcher throws the ball on a steal and the ball is not caught (or is over thrown), play is considered live. Play is not considered live when catcher throws back to pitcher.
- Infield fly rule NOT in effect
- Pitch count rules in effect from the start of the season.
- Pitcher can only pitch 2 innings maximum per game. 4 Innings per calendar week.

Minor 'AAA'

- No new inning after 1 hour and 45 minutes. 6 innings maximum. (Revised March 31, 2019)
- Infield fly rule is in effect.
- 3 outs or maximum of 6 runs per inning– whichever comes first.
- Stealing is permitted but only after the ball crosses home plate on a pitch.
- Run Rule will be in effect: 10 runs up after 4 innings, and 7 runs up after 5 innings
- Pitch count rules are effective from start of the season (Revised March 31, 2019)

Major 'AA', Major 'A'

- No new inning after 1 hour 45 minutes. 6 innings max.
- 3 outs or maximum of 4 runs per inning – whichever comes first.
- Stealing permitted.
- Infield fly rule **NOT** in effect.
- Pitch count rules in effect.
- Run Rule will be in effect: 10 runs up after 4 innings, and 7 runs up after 5 innings

Major 'AAA'

- No new inning after 1 hour 45 minutes. 6 innings max.
- 3 outs or maximum of 6 runs per inning – whichever comes first.
- Stealing permitted.
- Infield fly rule in effect.
- Pitch count rules in effect.
- Dropped 3rd strike rule in effect.
- Run Rule will be in effect: 10 runs up after 4 innings, and 7 runs up after 5 innings

Intermediate, Junior, Senior 'AA' & 'AAA'

- No new inning after 2 hours.
- 3 outs or maximum 7 runs per inning
- Infield fly rule in effect.
- Pitch count rules in effect. From start of season

- All equipment behind the fence.
- Balk pitches to be clearly an intent to deceive the runner.
- 10 runs up after 5 innings.
- Pitchers can re-enter if they have not been on the bench (one time only).
- Dropped 3rd strike rule in effect.
- Lead offs are permitted.

RETURN TO PLAY GUIDELINES

The Government of Saskatchewan has announced that public health measures around outdoor sporting activities will be eased as part of Step One of the Re-Opening Roadmap, set to commence on Sunday, May 30, 2021. Outdoor sports, originally included in Step Two of the Re-Opening Roadmap, will now be added to Step One. Easing of measures for indoor sports remains in Step Two of the Re-Opening Roadmap.

The adjustment to the Re-Opening Roadmap is being made recognizing the lowered risk of transmission in outdoor settings along with the successful uptake in Saskatchewan's COVID-19 vaccination effort in reducing the transmission of the virus.

Beginning May 30, 2021, competition and game play for outdoor team sports can proceed with the following requirements:

- Participants may not compete if they are feeling unwell.
- Players and coaches should be encouraged to screen for COVID-19 symptoms prior to arriving to practice and play, using the [self-assessment tool](#)
- League play is allowed to resume; however, tournaments are not permitted at this time. This will be revisited in Step Two of the Re-Opening Roadmap.
- No interprovincial travel. Teams competing in regional interprovincial leagues need to contact the Business Response Team prior to beginning play.
- Capacity must be in compliance with the public health order for public outdoor gatherings for each playing surface or game area. Public outdoor gatherings are set to expand to a limit of 150 people on May 30 as part of the Re-Opening Roadmap. Common areas, such as those where there are multiple playing surfaces, must also be in compliance with gathering limits in the public health order.
- The 150 public outdoor gathering does not include anyone on the field of play (players, coaches or umpires).
- Individual and protective equipment should not be shared. When helmets and bats or other equipment are shared, cleaning and disinfecting must occur between each use.
- Commonly touched equipment used for game play (e.g. game ball, bat) is routinely replaced or

disinfected during the course of practice or play. It may be a good idea that the defensive teams provide their own game balls. This way only their teams will be touching the baseballs.

- Coaches, officials, umpires, referees and players who are not on the field are not required to wear masks outdoors under the public health order. However, masks may be worn if they are more comfortable with that layer of protection.
- No shaking hands, high-fives, etc.
- Spectators not from the same household should maintain two metres of physical distancing.
- Spectators must remain in designated areas. Masks are not required to be worn outdoors under the public health order, but they may be worn if spectators are more comfortable with that layer of protection.
- Hand sanitizer approved by Health Canada (DIN or NPN) or soap and water handwashing stations should be available for participants and spectators.
- No sharing of water bottles.
- Public washrooms, when available, are cleaned and disinfected regularly, and soap and water or hand sanitizer is available.
- Contact information of the coaches, officials and players should be recorded by the home team and maintained in order to assist with contact tracing for 30 days in the case of a confirmed case of COVID-19.

However, depending on where you are located, you will need to contact your local Minor Ball Club to see what their position is on Outdoor Training and Games. Based on the local Covid-19 situation, they may not be in a position to allow this yet and they will make the decisions at the local level.

COACH'S CODE OF CONDUCT

The relationship between a coach and the Leagues athlete's is a special one. Coaches play a very critical role in the development of players, both athletically and personally. Coaches must recognize and respect the authority they hold and must be very careful not to abuse it.

The values and goals of the Little League program are channeled through the coaches. Therefore, how an athlete regards his or her time in Little League is dependent on the behavior of the coach.

Each coach is asked to read and sign this Code, as a commitment to excellence in coaching in the Little League program in Canada.

1. Being a coach means being reasonable. Players develop at different rates.
2. Teach your players to play by the rules, just as you play by the rules.
3. Be constructive in your criticism, followed always by praise for things done right.
4. Give every player the same chance. Little League is not about the elite player, it's about getting everyone involved as a part of a team.
5. Treat the umpire the way you expect your players to treat you. With Respect.
6. Striving to win is not a sin. Striving to win every time, at all costs, means your players are not getting enough different opportunities. Everyone should play both infield and outfield.
7. Give your voice a rest when the game is on. Use it only to encourage and discuss the mistakes quietly after the game.
8. Have fun. You are a volunteer coach, in a volunteer organization, and if it isn't fun, it isn't Little League.
9. If you win, have ice cream. If you lose, have ice cream. If you treat winning and losing the same, you will teach your team a much more valuable lesson.
10. The center of attention should be the players-not the adults. A coach cannot accomplish anything if the players aren't there.

Print Full Name Here:

Signature:

Date:

PLAYER'S CODE OF CONDUCT

1. Little League in Canada has developed a Code of Conduct to assist the players to become well- rounded, valuable and productive people, not only in sports, but also in life.
2. Play for Fun. If it isn't fun, it isn't Little League.
3. Respect your coaches and the umpires. Treat them the same way you want to be treated.
4. Be a good sport. Be Fair. Play by the rules.
5. Improve your skills. Help your teammates to get better.
6. Never give up.
7. Be willing to try every position. You never know which one will be the most fun.
8. Don't be selfish. Your teammates deserve the same chances as you.
9. Be on time.
10. Remember the Little League Pledge.

Print Full Name Here:

Signature:

Date:

Pledge

I trust in God

I love my country And will respect its laws

I will play fair And strive to win But win or lose

I will always do my best

PARENT'S CODE OF CONDUCT

Any parent guilty of improper conduct at any game or practice will be asked to leave the diamonds and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

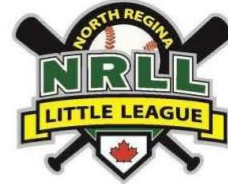
I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players from the bleachers/stands during games and practices, unless I am one of the official coaches of the team.

INCIDENT REPORT



Incident Report



This form can be used by umpires for League play, Combined Play within the District, Special Games, or Tournament Games. If this is a Tournament Game, or a District Game between two (2) different leagues, the completed report should be sent to the District Administrator **WITHIN TWENTY-FOUR (24) HOURS OF THE GAME**. Incidents that need to be reported to local leagues only should be forwarded immediately to your League Umpire-in-Chief. If you have any questions, call your league Umpire-in-Chief or the District Umpire Consultant.

Date of Report: _____ Plate Umpire: _____

Base Umpire (s): _____

Person Involved (Home): _____

Person Involved (Visitor): _____

GAME INFORMATION: Division: _____

Date of Game: _____ Visiting Team: _____

Location: _____ Home Team: _____

Inning of Incident: _____ Top (○) Bottom (●) # of Outs: _____

Runners: R1 R2 R3 Batter #: _____ Count: _____ and _____

Score at Incident: HOME () VISITOR () FINAL Score: HOME () VISITOR ()

DETAILS (use additional paper if required):

Attested By: Umpire Involved: _____ Date: _____

Other Umpire(s): _____

COOL DOWN POLICY

Coaches should not discuss a game, a game incident or a situation that occurred during the game that has provoked an adverse emotional response or created a hostile situation until at least 24 hours after the fact.

A Little League member, parent and/or spectator is not to approach a coach to discuss a game, a game incident or a situation that occurred during the game that has provoked an adverse emotional response or a hostile situation until at least 24 hours after the fact.

24 Hour Rule Rational:

Baseball is an emotional sport. The on-field action that players encounter can spill into the dugout and stands and create strong reactions from coaches, parents and spectators. For parents, it is important to separate game emotions from the best interests of their child's sport development. For these reasons, our League has adopted the "24 Hour Rule". This important rule does two things. First, it moves any emotional and confrontational discussion away from the presence of the players. Second, it allows all parties to "cool off", compose themselves and put the provoking incident or situation that occurred in the game in perspective before meeting to discuss it.

By having everyone respect the 24-hour rule, their concerns are more likely

to be fully addressed in reasoned discussion. More importantly, the kid's enjoyment of a game won't be marred by an ill-timed confrontation.

HAVE FUN AND PLAY BALL!!!