



# North Regina Little League

## 2023 Coaches Package

### Tee Ball | Junior Rookie



## 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](http://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.

## 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](http://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.

## AFFILIATED PLAYER (AP) POLICY

Coaches will be provided with a list of players who they can call if their team is short players. This list will consist of all players in the same division or a division below your team. We encourage coaches to offer AP opportunities to a variety of players and not call upon the same AP all the time. The more players who are called up to play, the better ball players we develop. Division Commissioners will provide AP lists to coaches after registration closes.

## 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 process to book practice diamonds
- Arranging team pictures
- Organizing division TeamSnap 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.

## 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; Managers and Assistant Coaches wishing to have access can contact us at [scheduler@nrll.ca](mailto:scheduler@nrll.ca).

### *Batting Cages*

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

### *Practice Diamonds*

North Regina has access to a number of diamonds that coaches can use for practices. Diamonds may only be booked one week in advance to allow for equal access among coaches. T-Ball and Junior Rookie teams are encouraged to book one practice per week. All coaches will be given access to Skedda to book their own practices. If you require assistance, please email [scheduler@nrll.ca](mailto:scheduler@nrll.ca).

## 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, Parent Liaison and team Treasurer 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.
- Examples of a Parent Meeting Agenda and Expectation Letter is available in the Coach Toolkit section of our website ([www.nrll.ca](http://www.nrll.ca)).

## GAME DAY PROCEDURE

1. T-Ball Coaches: pick up a line-up card from the clubhouse. Junior Rookie Coaches: Pick up a score sheet from the clubhouse. Please return the white copy of the score sheet to the clubhouse after each game.
2. Coaches are to ensure their dugout is cleaned up after the game. If dugouts are left in an inappropriate manner, the team is subject to a fine.
3. All coaches are to dress appropriately.
4. No one is permitted to swing a bat outside the playing field and there is no on-deck circle.

## 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. 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*

9. Home team dugout will be the 3rd base side.
10. Only players and coaches are allowed in the dugout. No brothers, sisters or other relatives allowed in the dugout unless they are coaches.
11. Coaches are responsible for keeping their players in the dugout.
12. There is no on deck circle and therefore no swinging of bats until the player is up to bat.
13. 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.
14. All equipment must be kept outside the fence.

### *Be On-Time and Ready*

15. 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.
17. Coaches are responsible for having themselves and their team at the diamond and ready to play at the scheduled time.
18. Please ensure that your team performs their pre-game warm-up away from all spectators and/or vehicles.
19. 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.
20. Coaches are responsible to have themselves and their teams at all league events, such as Opening Day.+

## DIVISION SPECIFIC RULES

### *T-Ball*

- No new Inning after 45 minutes, 6 innings max.
- Each batter gets 5 tries at the tee before being awarded first base.
- Every player bats in every 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. We recommend having coaches in the outfield running some fun baseball drills with the players to keep them engaged and work on their skill development.
- 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.
- 3 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. We recommend having coaches in the outfield running some fun baseball drills with the players to keep them engaged and work on their skill development.

## 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.

## COACH’S CHECKLIST

- ◆ Name your Assistant Coaches.
- ◆ Each coach (Head Coach and Assistant Coaches) must complete a coaching application and submit their Criminal Record Check. Please do this ASAP as any coach that has not completed a coaching application will not be allowed to coach.
- ◆ Set up your Skedda account and book your first practice.
- ◆ Send our “welcome” email to your team.
- ◆ Host a Parent’s Meeting (sample agenda can be found on website).
- ◆ Name a Team Manager, Team Treasurer and Parent Liaison if required.
- ◆ Find out if there any medical concerns/disabilities/special family arrangements that would be beneficial to know about.
- ◆ Check to make sure your player’s bats have a USA Baseball stamp. USSSA stamps are not acceptable.
- ◆ Explain the pitch count/scorekeeper duties. Each family should expect at least one turn doing this.