



T-Ball & Junior Rookie Coaching Manual



INTRODUCTION

Thank you for generously dedicating your time and expertise to coach Little League! This coaching package outlines the expectations and rules of play for North Regina Little League (NRLL). Please review the entire package and reach out to your Division Commissioner with any questions.

Stay updated throughout the season by visiting our website (www.nrll.ca) for schedules, scores, standings, and photos. Important updates will also be sent to the email address you provided during registration.

We trust you'll find joy in your Little League coaching journey. If there's anything we can do to support you and make your role more manageable, please don't hesitate to reach out.

LITTLE LEAGUE COACH REQUIREMENTS

Besides a desire to ensure all players have an enjoyable experience playing baseball, we also have the following requirements for 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 online.

Respect in Sport: We require coaches to complete the online 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 who 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.

EQUIPMENT

- You will pick up your equipment at the Coaches Meeting.
- Each team will be provided a full set of equipment, including baseballs. If required, additional baseballs may be purchased at the team's expense. Bats will not be included in the equipment bags.
- An Equipment Bond will be charged before the 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. Our goal is to keep costs as minimal as possible.
- 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 Junior Rookie	\$50

UNIFORMS

- 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. Contact: uniforms@nrll.ca
- 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 personalize their jerseys with 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 register@nrll.ca.

Batting Cages/Practice Diamonds

Batting Cages will be open and available for booking through Skedda for the 2024 season. North Regina has access to several school 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 practice at least once per week. All coaches will be given access to Skedda to book their practices. If you require assistance, please email scheduler@nrll.ca

NRLL has scheduled a league-wide photo day for May 25, 2024. Kindly inform your team members and ensure your presence on that day. Teams are not required to arrange individual photos this year.

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.
- 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.
- Proper player equipment such as baseball glove, batting helmet (properly fit, CSA approved, labeled), groin protection and bat.

- **New in 2024:** NRLL has scheduled a league-wide photo day for May 25, 2024. Kindly inform your team members and ensure your presence on that day. Teams are not required to arrange individual photos this year.

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 inappropriately, the team is subject to a fine.
3. All coaches are to dress appropriately. Please do not wear open-toed shoes on the diamond.
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 ballpark. The coach will comply with the league official's request to control fans; the league will become involved if necessary. Zero Tolerance Policy in abusive language and/or actions towards an official.
4. 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

1. A player must be dressed in uniform to be eligible to play. This includes the team hat, jersey, pants, and shoes. Players losing any part of their uniform will be responsible for replacing it immediately at their own expense.
2. 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 flip-flops.

Dugout

1. The home team dugout will be the 3rd base side.
2. Only players and coaches are allowed in the dugout. No brothers, sisters, or other relatives are allowed in the dugout unless they are coaches.
3. Coaches are responsible for keeping their players in the dugout.
4. There is no on-deck circle and therefore no swinging of bats until the player is up to bat.

5. No sunflower seeds or gum allowed on the diamond (risk of choking) or in and around the dugout. This includes coaches and players. The team may be fined if the dugout is in worse condition than when they arrived.
6. All equipment must be kept outside the fence.

Be On-Time and Ready

1. Coaches are responsible for knowing game times and locations for regular season, and year-end Jamboree.
 - a. In the event of rain, visit your league website to determine if games are canceled. Do not assume games will be canceled 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.
7. Coaches are responsible for having themselves and their team at the diamond and ready to play at the scheduled time.
8. Please ensure that your team performs their pre-game warm-up away from all spectators and/or vehicles.
9. 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.
10. Coaches are responsible for having themselves and their teams at all league events, such as Picture Day & the Mid-Season Bash!

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 bat per inning.
- A ball hit to the outfield is dead when it enters the infield area (inside bases). The player must not advance any bases once the ball is in the infield.
- No Stealing.
- No bases awarded on overthrow.
- Five infielders and a pitcher are allowed in the gravel infield, the remainder must be in the outfield (on the grass). 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 scorekeeping.

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 the player to attempt 2 swings. If a player does not put the ball in play, the player will be out.
- Foul on 8th swing earns 1 more attempt. Players must contact the ball before hitting the tee, to consider the ball in play.

- 3 Outs or a 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). The player must not advance any bases once the ball is in the 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 the outfield (on the grass). 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 Rationale:

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 sports 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!!!