



Senior 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.

AFFILIATED PLAYER (AP) POLICY

Coaches will be provided with a list of players whom 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.

- Coaches must have permission from the AP player's Coach and Guardian.
- The coach of the player being called up must be notified of the move.
- AP players must not pitch or play the position of catcher.
- Team must have 10 players or less to use an AP. Teams cannot exceed 11 players with the use of APs.
- Little League Fair Play Rule in effect for all APs.
- AP player must prioritize house team commitments over AP opportunities.

EQUIPMENT

- You will pick up your equipment at the Coach's 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 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.
- At the end of the season (last playoff game), you will be responsible for returning all of the equipment provided to you. Equipment return dates will be scheduled closer to the end of the season and coaches will be notified of the dates. 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.
- Do not make any major team purchases without the approval of parents at a team meeting. Our goal is to keep costs as minimal as possible.
- Bond fees are as follows:

DIVISION	BOND FEE
Senior Rookie	\$120

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.
- The Uniform Coordinator will be happy to work with you if you have players that require smaller or larger uniforms. Please 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 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 4th and continue through the end of June. Play-offs for those teams entering will begin in mid-June and run for 2 weeks.

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 or Assistant Coaches wishing to have access can contact us at scheduler@nrll.ca. Batting Cages will be open and available for booking through Skedda throughout the season. North Regina has access to several 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. All teams are expected to practice at least once per week.

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.

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.

GAME DAY PROCEDURE

1. Coaches are to pick up score sheets and pitch count sheets from the clubhouse. For games at Kiwanis LL, the Kiwanis coaches will bring the scoresheets to the visiting team's bench.
2. The umpire is to return the white copy of score sheets and pitch count sheets and clipboard 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 inappropriately, the 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 NRLL website. The scores and standings will also be posted.

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. Games on K2 at NRLL will have live streaming and it will pick up both fans and on-field language. Your team and its family members should be made aware of this.
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 into 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 coaching staff.

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. 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.
3. 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.

Dugouts

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.
7. Offensive:
 - a. Senior Rookie A and AA: Coaches will be allowed on the field to assist players if needed.

- b. Senior AAA: Maximum of 3 coaches allowed in the dugout, two on the field during their team's bat.
- 8. Defensive:
 - a. Senior Rookie A and AA: Coaches will be allowed on the field to assist players if needed.
 - b. Senior Rookie AAA: Maximum of 3 coaches allowed in the dugout. Coaches must coach from inside the dugout when their team is on the field.

Be On-Time and Ready

1. Coaches are responsible for knowing game times and location.
 - In the event of rain, visit the league website and social media 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.
2. In the event of a rainout, it is the coach's responsibility to find out when the game has been rescheduled.
3. Coaches are responsible for having themselves and their team at the diamond and ready to play at the scheduled time.
4. Please ensure that your team performs their pre-game warm-up away from all spectators and/or vehicles.
5. 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.
6. Coaches are responsible for having themselves and their teams at all league events, such as Picture Day/Mid-Season Bash!

Scorekeeping and Pitch Count

1. The home team will supply the Official Scorekeeper.
2. The visiting team will supply the Official Pitch Counter (to sit near the Scorekeeper), who shall advise the umpire when a pitcher has reached the maximum number of pitches.
3. Coaches are responsible for advising the Official Pitch Counter when changing pitchers.
4. Coaches are to keep their copies of the score sheets and pitch count sheets for the season.
5. The player's numbers and real names (no nicknames) must be used on the score sheet.
6. Score sheets, Pitch Count sheets, and clipboards are to be returned to the Clubhouse at the end of each game.

Pitching Rules Senior Rookie

1. Members of the coaching staff are responsible for knowing 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. Senior Rookie AAA: Each player is allowed a maximum of 50 pitches per Calendar Day.
2. A pitcher must be removed from the game (as a pitcher) on the second visit to the mound in that inning.
3. All Divisions - PITCH COUNT Regulations
 - A. If a player pitches 1 - 20 pitches in a game, no calendar days of rest is required.
 - B. If a player pitches 21 - 35 pitches in a game, one calendar day of rest is required.
 - C. If a player pitches 36 - 50 pitches in a game, two calendar days of rest is required.

2. A calendar day rest is not 24 hours. There must be 1 full day of rest between pitching. (Example: If a player pitches Friday, the player is not eligible to pitch until Sunday).
3. There is no limit on the number of pitchers a team can use during the game.
4. If a team has 2 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.
5. Remember to know the strength of your pitchers as there is no need to throw an athlete's arm out at these ages.
6. 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. The pitch counter will place a solid line on the pitch count to indicate the last batter and will continue to count pitches
7. 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).
8. 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 catcher can be used as a pitcher in the same game as long as they have not been a catcher for more than 3 innings).
9. Warm-up pitches are not included in the pitch count, but warm-ups should be limited to a maximum of 8 pitches for the new pitcher or 1 minute, 4 pitches if the player was pitching in the previous inning. Coaches should arrange line-ups or use substitutes to 'warm up' the next 'relief pitcher' in the bullpen while their team is playing defensively in the field (to speed up the game).

Strike Zones

1. Strike Zones will be set by the leagues in consultation with the Umpire-in-Chief. Recommended strike zones (for coaches to encourage batters to not 'look for walks'), are generally as follows:
 - Senior Rookie A and AA - 2 ball widths outside plate, knees to the top of shoulders
 - Senior Rookie AAA - 2 ball widths outside plate, bottom of knees to armpits

Timeouts and Trips to the Mound

1. When calling for time, the coach must first get approval from the umpire before entering the field of play.
2. Trips to the mound:
 1. Rules apply as per the OFFICIAL RULES and REGULATIONS of Little League Baseball.
 2. For all divisions the coach may advance to the mound to talk with the pitcher or other players.
 3. 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

The pitching distance for Senior Rookie is 39 Feet

Lead-offs/Balks

Leading off is not allowed. There are no balks in Senior Rookie.

Playing Time Rules – Senior Rookie rules

All players must receive fair treatment and equitable playing time (re: number of innings on the 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. It is recommended that the batting order is altered each game during the regular season to allow all players the opportunity to bat in different spots in the batting order.

Game and Season Format

1. Regulation game is 4 innings or more. If the home team is up after 3-1/2 innings and the game is called due to weather, the game is considered complete. The game is considered complete if the time limit is reached before minimum innings are played. If a game is called due to weather before regulation innings or the time limit is reached, the game will be rescheduled and be played again from the beginning. Pitch counts for the canceled game will not count.
2. 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, number of games to be rescheduled, and many other factors, games may be canceled and considered a 6-6 tie for standings purposes. Decisions will be made by the league; scheduler/coaches will be notified.
3. Playoff format will be decided before the start of playoffs but will be subject to change by the league and the scheduler if weather is impeding the progress

General

1. All Divisions are to use a full roster batting rotation.
2. Players must avoid contact (slide) at home on a close play at the plate or they may be called out.
3. All catchers must wear a mask and helmet while warming up a pitcher.
4. Coaches are not allowed to warm up the pitcher before the inning is to start. The coach must have a player with a helmet warm up pitcher.
5. Infield Fly Rules: There is no infield fly rule in Senior Rookie Divisions.
6. The use of 'Spinners' is not permitted anywhere in the park.
7. No intentional walks.

DIVISION SPECIFIC RULES

Senior Rookie 'A and AA'

- A pitching machine or coach pitch will be used.
- No new inning after 1 hour. 6 innings maximum.
- 3 strikes, no walks on 4 Balls.
- 3 outs or a 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; the runner is awarded first base.
- 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.
- 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 team's coach pitches to their player. The player can either strike out or get a hit but cannot be walked when the coach pitches. The player cannot reach first during coach pitching if hit by the ball. Coach's must pitch from the mound, on one knee and the ball must be thrown overhand. Head Coach or an Assistant Coach may be the pitcher.
- When a player pitching directly hits the batter, the batter is awarded first base but not if the ball bounces before hitting the batter.
- 3 outs or a maximum of 4 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). The player must not advance bases once the ball is in the infield
- Pitch count rules in effect.
- Pitcher can only pitch 2 innings per game maximum (Still following pitch count rules)
- Only two coaches are allowed on the field during offensive gameplay.

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 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!!!