



NORTH REGINA LITTLE LEAGUE
#250 - 918 Albert Street
Regina, SK | S4R 2P7
www.nrll.ca

MINOR & MAJOR

WELCOME TO COACHING LITTLE LEAGUE!

Thank you for stepping up to coach at North Regina Little League (NRLL)! Your time and dedication are invaluable in creating a fun, positive, and skill-building experience for our players. This coaching guide outlines important expectations, rules, and resources to help you succeed in your role.

If you have any questions, please reach out to your Division Commissioner. You can also stay informed throughout the season by visiting our website at www.nrll.ca for schedules, scores, standings, and photos. Important updates will be sent to the email address you provided at registration.

We hope you enjoy your coaching journey, and we're here to support you every step of the way!

COACHING REQUIREMENTS

To ensure a safe and positive experience for all players, we require coaches to complete the following:

- **Criminal Record Check (CRC):** Must be valid within two years from the end of the current season (June). CRCs can be obtained at the Regina City Police Headquarters or online.
- **Respect in Sport Certification:** This online certification is required for all coaches. It is a one-time requirement and remains valid for future seasons. Certification can be completed at www.sasksrc.respectgroupinc.com.

Both the **Criminal Record Check** and **Respect in Sport Certification** must be completed before coaching. Anyone in regular contact with players must meet these requirements. Failure to comply may result in suspension or a fine for the team.

AFFILIATED PLAYER (AP) POLICY

Teams may use Affiliated Players (APs) when short on players. The AP list consists of players from the same division or the one below. We encourage coaches to rotate AP opportunities to maximize player development.



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- **Approval Required:** AP usage must be approved by the player's guardian and regular coach.
 - **Restrictions:** APs cannot pitch or play catcher.
 - **Roster Limits:** Teams must have 10 or fewer players to use an AP, with a max of 11 total.
 - **Fair Play Rule:** APs must be included in fair play rotations.
 - **Priority:** APs must prioritize their house league team over AP commitments.

EQUIPMENT

Each team will receive a full equipment bag at the **Coach's Meeting**. This includes practice baseballs, but not bats, as players are not permitted to share them.

- **Equipment Bond:** A refundable bond must be paid before equipment is issued. This can be paid by cheque.
- **Purchases:** Do not make significant team purchases without discussing with parents first.
- **Returns:** A designated return date will be announced near the end of the season. Please do not leave your equipment in the clubhouse after your last game, as this may result in forfeiting your bond refund.
- The bond for Senior Rookie equipment is \$120 and can be paid via cheque or e-transfer.

UNIFORMS

- Registration fees cover player uniforms. Players keep their jersey and hat at season's end.
- The **Uniform Coordinator** can assist with size exchanges (contact: uniforms@nrll.ca).
- Unregistered or non-uniformed players cannot participate in league games.
- Teams may opt to add logos (e.g., Royals, Cubs) on hats or jerseys at their own cost.

SEASON INFORMATION

- **Practices** can begin as soon as teams are formed.
- **Games** start May 3 and run through June.
- **Playoffs** begin mid-June and last approximately two weeks.



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BOOKING TRAINING FACILITIES

Teams can book practice diamonds and batting cages using the **Skedda** scheduling app.

- Head Coaches will receive Skedda access; Assistant Coaches or Managers can request access at scheduler@nrll.ca.
 - North Regina also has access to local school diamonds for additional practice space.
 - Fields can only be booked one week in advance to ensure fair access.
 - All teams are expected to hold **at least one practice per week**.
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COMMUNICATION WITH PARENTS

We recommend holding a **Parent Meeting** early in the season to discuss:

- Assistant Coaches or parent volunteers willing to help.
- Team Manager and Parent Liaison roles.
- Coaching philosophy and team expectations.
- Uniform details (pants, socks, belt color).
- Player equipment requirements: glove, batting helmet (CSA approved & labeled), groin protection, and bat (no sharing unless between siblings).
- Team photos, clothing, and team-building activities.
- League safety policies

Sample Parent Meeting Agendas and Expectation Letters are available in the **Coach Toolkit** at www.nrll.ca.

Thank you for volunteering your time and effort—let's make this season a great one! 

GAME DAY PROCEDURE

- Home team coaches must pick up score sheets and pitch count sheets from the clubhouse before the game. For games at Kiwanis LL, check in at the canteen for score/pitch count sheets.
 - After the game, the umpire must return the white copy of the score sheets, pitch count sheets, and clipboard to the clubhouse.
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- Coaches are responsible for ensuring their dugout is clean after the game. **Teams that leave the dugout in poor condition may be subject to a fine.**
 - All coaches must dress appropriately for the game.
 - **For safety reasons, no one is allowed 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.

Coach, Player, and Spectator Conduct

Zero Tolerance Policy

- Smoking, alcohol, and drug use **are strictly prohibited** in all NRLL parks. Anyone found in violation will be **asked to leave immediately**.
- **Foul language or inappropriate behavior** by coaches or players will result in **immediate ejection** from the game and may lead to further disciplinary action.
- Coaches are **responsible for the conduct of their team's players and spectators**.
 - If parents or fans use foul language or behave inappropriately, they will be **removed from the ballpark**.
 - Coaches must comply with league officials' requests to manage spectators—if necessary, the league will step in.
- **Abusive language or actions toward an official will not be tolerated.** Games on K2 at NRLL are **live-streamed**, which captures both spectator and on-field audio. Please ensure your team and its supporters are aware of this.

Team Roles

- Each team may have a **Team Manager** responsible for:
 - Collecting tournament fees and handling team finances.
 - Coordinating league fundraising efforts.
 - Distributing team and league information.
 - The Team Manager **should not** be the coach's spouse.
- Each team **must** appoint a **Parent Liaison** to act as a neutral contact between parents and coaches. The Parent Liaison **should not** be a coach's spouse.



Attire & Uniforms

- **Players must be in full uniform to be eligible to play.** This includes a team hat, jersey, pants, and appropriate footwear.
- If a player **loses any part of their uniform**, they are responsible for replacing it **immediately at their own expense.**
- **Protective Gear:**
 - **Jocks (for boys) and Jills (for girls)** are strongly recommended for all players.
 - **Catchers are required** to wear groin protection and a dangling throat guard attached to their catcher's mask.

Coach Attire

- Coaches must wear **appropriate coaching attire**, which includes:
 - A **baseball hat**
 - A **T-shirt or collared shirt**
 - **Pants (no jeans)** or dress shorts
 - **Closed-toe shoes** (no flip-flops)

Dugout & Field Rules

Dugout Regulations

- **Home team dugout:** 3rd base side.
- **Only players and coaches** are allowed in the dugout—no siblings or other relatives unless they are coaches.
- **Coaches are responsible** for keeping players in the dugout.

On-Deck & Equipment Rules

- **No on-deck circle:** Players **must not swing bats** until they are up to bat.
- **No sunflower seeds or gum** allowed on the diamond or in/around the dugout (choking hazard). This applies to **both coaches and players.**
 - Teams may be **finned** if the dugout is left in poor condition.
- **All equipment** must be kept inside the dugout or outside the playing field fences.



Pitching Rules

- **Coaching Responsibility:** Coaches must track the pitch count for their team's pitchers. Failure to adhere to Pitch Count Rules may result in suspension.
- **Pitch Count Limits:**
 - **Minor:** Maximum **75 pitches** per calendar day.
 - **Minor A:** Uses a **blue flame pitching machine**.
 - **Major:** Maximum **86 pitches** per calendar day.
- **Mound Visits:** A pitcher must be removed after **two visits** to the mound in the same inning.
- **Pitch Count Regulations:**
 - **1-20 pitches:** No rest required.
 - **21-35 pitches:** 1 calendar day rest.
 - **36-50 pitches:** 2 calendar days rest.
 - **51-65 pitches:** 3 calendar days rest.
 - **66+ pitches:** 4 calendar days rest.
 - **Note:** A calendar day of rest means **1 full day** of rest (e.g., pitch on Friday, eligible to pitch again on Sunday).
- **Catchers & Pitchers:** A player who pitches **41+ pitches** cannot play catcher the rest of the day. However, a catcher can pitch in the same game, as long as they have not caught for **3+ innings**.
- **Warm-ups:**
 - Warm-up pitches **don't count** toward the pitch count.
 - Limit to **8 pitches** for a new pitcher or **4 pitches** if the pitcher just finished the previous inning.
 - Coaches should arrange for the next pitcher to warm up during defensive play.

Strike Zones

- **Minor AA/A:** 2 ball widths outside the plate, from below the knees to the top of the shoulders.
- **Minor AAA:** 2 ball widths outside the plate, from the bottom of the knees to the armpits.
- **Major AA/A:** 2 ball widths outside the plate, from the bottom of the knees to the armpits.
- **Major AAA:** 1.5 ball widths outside the plate, from the knees to the armpits.

Timeouts & Mound Visits

- **Timeouts:** A coach must get approval from the umpire before entering the field.
- **Mound Visits:** A coach can visit the mound to talk to a pitcher or players. A pitcher must be removed after **two mound visits** in the same inning.



Pitching Distances

- **Minor A:** 39 feet
 - **Minor AA/AAA/Major A/AA/AAA:** 46 feet
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Lead-offs & Balks

- **Lead-offs:** Not allowed in **Minor** and **Major** divisions. Base runners can only attempt to steal as the ball crosses home plate.
 - **Balks:** No balks are called in **Minor** or **Major** divisions.
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Playing Time Requirements

- **Fair Play Policy:** Coaches must ensure equitable playing time, including bench time, positions, and playing infield/outfield.
 - **All players must bat.**
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Game & Season Format

- **Regulation Game:**
 - **4 innings minimum** for Major and below.
 - If the home team is ahead after **3.5 innings**, the game is considered complete if called due to weather.
 - If the game is called before regulation innings or time limit, it is canceled and rescheduled.
 - **Canceled games** will not count toward pitch counts.
 - **Weather Delays:** If a game is canceled, it will be considered a **6-6 tie** for standings, unless otherwise decided by the league.
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General Rules

- **Batting Rotation:** All divisions must use a **full roster batting rotation**.
 - **Home Plate Contact:** Players must avoid contact with the catcher at home plate (slide rule).
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- **Catcher Safety:** All catchers must wear a **mask and helmet** while warming up a pitcher.
 - Coaches can warm up pitchers without using a mask.
 - **Infield Fly Rule:** Not in effect in any **Minor divisions** or **Major AA/A** divisions.
 - **“Spinners” Rule:** The use of “spinners” is prohibited in all divisions.
 - **Intentional Walks:** No intentional walks are allowed during the regular season.
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Division-Specific Rules

Minor AA/A

- **Game Time:** No new inning after **1 hour 30 minutes** (max **6 innings**).
- **Inning Limits:** **3 outs** or **4 runs** per inning—whichever comes first.
- **Stealing:** Permitted (only after the ball crosses home plate), except at home.
- **Infield Fly Rule:** Not in effect.

Minor AAA

- **Game Time:** No new inning after **1 hour 45 minutes** (max **6 innings**).
- **Inning Limits:** **3 outs** or **6 runs** per inning—whichever comes first.
- **Stealing:** Permitted, but only after the ball crosses home plate.
- **Run Rule:**
 - 10 runs up after **4 innings**, 7 runs up after **5 innings**.

Major AA/A

- **Game Time:** No new inning after **1 hour 45 minutes** (max **6 innings**).
- **Inning Limits:** **3 outs** or **4 runs** per inning—whichever comes first.
- **Stealing:** Permitted, but only after the ball crosses home plate.
- **Run Rule:**
 - 10 runs up after **4 innings**, 7 runs up after **5 innings**.

Major AAA

- **Game Time:** No new inning after **1 hour 45 minutes** (max **6 innings**).
- **Inning Limits:** **3 outs** or **6 runs** per inning—whichever comes first.
- **Stealing:** Permitted.
- **Infield Fly Rule:** In effect.
- **Dropped 3rd Strike:** In effect.
- **Run Rule:**
 - 10 runs up after **4 innings**, 7 runs up after **5 innings**.