



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

INTERMEDIATE | JUNIOR | SENIOR

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.
- Abuse Awareness Training - this certification can be found in the coaching application that all coaches must complete!

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.

- **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.
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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 IJS equipment is \$200 and can be paid via cheque or e-transfer.
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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.
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- Teams may opt to add logos (e.g., Royals, Cubs) on hats or jerseys at their own cost.
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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
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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.
- 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.**
- **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 staff are responsible for tracking the pitch count for their team's pitchers. Coaches who fail to adhere to the pitch count rules may be subject to suspension.

Pitch Count Limits:

- **Intermediate, Junior, Senior AA/AAA:** Maximum of 95 pitches per day.

Visit to the Mound:

- A pitcher must be removed from the game on the second visit to the mound in the same inning.

Rest Requirements:

- **1–20 pitches:** No rest required.
- **21–35 pitches:** One calendar day of rest.
- **36–50 pitches:** Two calendar days of rest.
- **51–65 pitches:** Three calendar days of rest.
- **66+ pitches:** Four calendar days of rest.

Note: A calendar day rest is a full 24-hour period. For example, if a player pitches on Friday, they cannot pitch again until Sunday.

Additional Rules:

- **No limit** on the number of pitchers a team can use in a game.



- If a player pitches more than 20 in the first game, they are **not eligible to pitch in the second game.**
- Coaches should ensure pitchers do not exceed their limits to prevent injury. There is no need to overuse pitchers at these ages.

Pitching to a Batter:

- A player may continue pitching to a batter without penalty until the batter reaches base or is put out.

Pitcher to Catcher Restrictions:

- Once a pitcher throws **41 or more pitches** in a day, they **cannot** play catcher for the remainder of the day.
- A catcher can pitch in the same game as long as they have not caught for **four or more innings.**

Warm-up Pitches:

- Warm-up pitches are **not** included in the pitch count, but should be limited to:
 - **Maximum of 8 pitches** for a new pitcher.
 - **1 minute or 4 pitches** if the player was pitching in the previous inning.
- Coaches should warm up the next relief pitcher while the team is playing defense to speed up the game.

Strike Zones

- **Intermediate, Junior, Senior AA:**
 - 1 ½ ball widths outside the plate
 - From the top of the knees to the armpits
- **Intermediate, Junior, Senior AAA:**
 - 1 ball width outside the plate
 - From the top of the knees to the letters/below the armpits

Strike zones are determined by the league in consultation with the Umpire-in-Chief. Coaches should encourage batters not to "look for walks."



Timeouts and Trips to the Mound

- **Calling Time:**
 - Coaches must first obtain approval from the umpire before entering the field of play.
- **Trips to the Mound:**
 - **All Divisions:** A coach can visit the mound to speak with the pitcher or other players.
 - The mound visit rule is in effect: **A pitcher must be removed on the second visit to the mound in the same inning.**

Pitching Distances

- **Intermediate, Junior, Senior AA/AAA:** 54 feet

Lead-offs

- **Intermediate, Junior, Senior AA & AAA:**
 - Leading off is **allowed**.

Playing Time Rules

- **All Divisions:**
 - All players must receive equitable playing time (number of innings played, positions, etc.).
 - Fair Play Policy must be followed.
 - Coaches must keep lineup/player position sheets to verify fair play if necessary.

Game and Season Format



- **Regulation Game:**
 - A regulation game is 5 innings or more.
 - If the home team is ahead after 4 ½ innings and the game is called due to weather, it's considered complete.
 - If the time limit is reached before the minimum innings, the game is considered complete.
 - If the game is canceled before regulation innings or time limit, it will be replayed from the start. Pitch counts for canceled games will not count.
 - **Rescheduled Games:**
 - Efforts will be made to reschedule weather-affected games, but if rescheduling isn't possible, games may be considered a 6-6 tie for standings.
 - **Playoffs:**
 - Playoff format will be decided before the start of playoffs but may change due to weather conditions.
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General Rules

- **Batting Rotation:**
 - All divisions must use a full roster batting rotation.
 - **Home Plate Contact:**
 - Players must avoid contact at home plate during close plays (must slide to avoid being called out).
 - **Catchers:**
 - Must wear a mask and helmet while warming up a pitcher.
 - **Coaches:**
 - Coaches can warm up pitchers without using a mask.
 - **Infield Fly Rule:**
 - The infield fly rule is in effect for all divisions.
 - **'Spinners':**
 - The use of spinners is not permitted anywhere in the park.
 - **Intentional Walks:**
 - Not allowed during regular season play.
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Division Specific Rules



- No new inning after 2 hours; maximum of 7 innings.
- 3 outs or a maximum of 7 runs per inning.
- Pitch count rules apply from the start of the season.
- Balk pitches must clearly intend to deceive the runner.
- 10-run rule: Team leading by 10 runs after 5 innings wins.
- Pitchers can re-enter once if not on the bench.
- Dropped 3rd strike rule is in effect.
- Lead-offs are permitted.

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 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!!!