



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

SENIOR ROOKIE

WELCOME TO COACHING LITTLE LEAGUE!

Thank you for stepping up to coach at North Regina Little League (NRL)! 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 Senior Rookie equipment is \$120 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).
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- 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 1 and run through June.
- **Playoffs** begin mid-June and last approximately two weeks.

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 two weeks in advance to ensure fair access.
- All teams are expected to hold **at least one practice per week**.

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.
- 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:



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- 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.



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- **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 **fined** if the dugout is left in poor condition.
 - **All equipment** must be kept inside the dugout or outside the playing field fences.
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Coaching Guidelines

Offensive Play

- **Senior Rookie A & AA:** Coaches may be on the field to assist players.
- **Senior Rookie AAA:** Max **3 coaches in the dugout**, with **2 coaches allowed on the field** while batting.

Defensive Play

- **Senior Rookie A & AA:** Coaches may be on the field to assist players.
 - **Senior Rookie AAA:** Max **3 coaches in the dugout**; all coaching must be done from inside the dugout when their team is fielding.
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Game & Attendance Expectations

Be On-Time & Ready

- **Coaches must know game times and locations.**
 - **Rainouts:**
 - Check the **league website & social media** for cancellations.
 - **Do not assume** games are canceled due to light rain—Saskatchewan winds can dry fields quickly!
 - If a game is rescheduled, **coaches are responsible** for knowing the new date/time.
 - **Arrival & Warm-ups:**
 - Teams should be ready **at the diamond and prepared to play at the scheduled time.**
 - Pre-game warm-ups should be **away from spectators and vehicles.**
 - **Visiting team:** Warm-up **~20 minutes before game time.**
 - **Home team:** Warm-up **~10 minutes before game time.**
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- If late for warm-up time, the team forfeits their warm-up—games must start on time.
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Scorekeeping & Pitch Count

Responsibilities

- **Home team:** Provides the **Official Scorekeeper**.
 - **Visiting team:** Provides the **Official Pitch Counter**
 - **Coaches must:**
 - Inform the pitch counter when switching pitchers.
 - Keep copies of **score sheets & pitch count sheets** throughout the season.
 - Use **player numbers and real names** (no nicknames) on score sheets.
 - **End of Game:** Score sheets, pitch count sheets, and clipboards must be **returned to the Clubhouse**.
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Pitching Rules

Senior Rookie AAA Pitch Count

- Max **50 pitches per day**.
- A pitcher **must be removed** on the **second** visit to the mound in the same inning.

Pitch Count Rest Days

- 1-20 Pitches: 0 days rest required
 - 21-35 Pitches: 1 day rest required
 - 36-50 Pitches: 2 days rest required
 - **Rest days are not 24 hours.** Example: If a player pitches Friday, they cannot pitch again until Sunday.
 - If a pitcher **throws 41+ pitches in a day**, they **cannot play catcher** for the remainder of the day.
 - **A catcher can pitch**, but only if they **haven't caught for more than 3 innings**.
 - **Warm-up pitches are not counted**, but should be limited to:
 - **New pitcher:** 8 warm-up pitches (or 1 min).
 - **Returning pitcher:** 4 warm-up pitches.
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Strike Zones & Field Rules

Strike Zones (Guidelines for Coaches & Umpires)

- Senior Rookie A & AA: 2 ball widths outside plate, knees to top of shoulders.
- Senior Rookie AAA: 2 ball widths outside plate, bottom of knees to armpits.

Mound Visits & Timeouts

- Coaches **must get umpire approval** before entering the field.
- **Mound visit rule:**
 - If a coach visits the same pitcher **twice in one inning**, the pitcher must be removed.

Pitching Distances

- Senior Rookie: 39 feet

Lead-offs & Balks

- No leading off.
 - No balks in Senior Rookie.
 - No intentional walks
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Playing Time & Fair Play

- **All players must receive fair and equitable playing time**, including innings on the bench, infield, and outfield.
 - **Lineups should rotate each game** to allow players to experience different spots in the batting order.
 - **Full roster batting rotation** applies to all divisions.
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Game & Season Format

Regulation Games

- **4 innings minimum** for a regulation game.
- If the home team is leading after **3½ innings** and the game is called due to weather, it is considered complete.
- If a game **doesn't reach regulation innings** due to weather, it will be **rescheduled and replayed from the beginning**.
- Pitch counts from a canceled game **do not carry over**.

Rescheduled Games & Cancellations

- Every effort will be made to reschedule weather-impacted games.
- However, if rescheduling is not possible, the game may be **recorded as a 6-6 tie**.
- **Final decisions on rescheduling are made by the league.**

Playoffs

- **Playoff format will be determined before the start of playoffs.**
- If weather delays playoffs, adjustments may be made by the league and scheduler.

General Rules

- **Sliding at Home:** Players **must slide** feet first on close plays at home or risk being called out.
- **Catchers:**
 - Must wear a **mask & helmet** when warming up pitchers.
 - Coaches can warm up pitchers without using a mask.
- **No Infield Fly Rule** in all Senior Rookie divisions.
- **No 'Spinners'** (training tools) allowed in the park.
- **No intentional walks.**

Division-Specific Rules



Senior Rookie A & AA

- **Pitching machine** is used.
- **Game Time:** Max **6 innings**, no new inning after **1 hour**.
- **Batting:** 3 strikes, **no walks on 4 balls**.
- **Fielding:**
 - 4 infielders, 1 pitcher, 1 catcher, and 3 outfielders.
 - **No stealing.**
 - **No bases awarded on overthrows.**
- **Runs/Innings:** 3 outs or max **4 runs per inning**.
- **Dead Ball:** If a ball hits the pitching machine or coach, it is **dead** and the runner advances to first base.

Senior Rookie AAA

- **Game Time:** Max **6 innings**, no new inning after **1 hour 30 minutes**.
- **Pitching:**
 - If 4 balls are thrown, the offensive team's **coach pitches** to their batter. The player pitcher must remain in arms length of the coach pitching.
 - Coach **must pitch overhand from the mound** (on one knee) (no walks)
 - A pitcher **can only pitch 2 innings per game** (pitch count rules still apply).
- **Fielding:**
 - **No stealing.**
- **Runs/Innings:** 3 outs or max **4 runs per inning**.

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



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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!!!