

North Regina Little League (NRL) Coaching Manual – Intermediate, Junior & Senior Divisions

Welcome! 

Thank you for stepping up to coach at NRL! Your dedication helps create a fun, positive, and skill-building experience. Stay informed at www.nrll.ca; updates sent to the email provided at registration.

1. Coaching Requirements

- **Criminal Record Check (CRC):** Valid within 2 years from season end.
 - **Respect in Sport Certification:** One-time, online.
 - **Little League Abuse Awareness Training**
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2. Affiliated Player (AP) Policy

- Use APs when short on players; APs from same division or one below.
 - Approval required from AP player's guardian and regular coach.
 - APs cannot pitch or catch.
 - Teams with ≤ 10 players may use AP; max 11 total.
 - APs follow fair play rotations; prioritize house league team.
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3. Equipment

- Team receives full equipment bag at Coach's Meeting (practice balls included; bats are player-specific).
 - Equipment Bond: \$200 refundable via cheque or e-transfer.
 - Purchases: discuss with parents first.
 - Returns: return by designated date; failure may forfeit bond.
 - Note: North Regina K1 has an artificial mound; no steel cleats allowed.
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4. Uniforms

- Registration fees cover player uniforms (jersey & hat kept by players).
 - Uniform Coordinator assists with size exchanges: uniforms@nrll.ca.
 - Unregistered/non-uniformed players cannot participate.
 - Teams may add logos at own cost.
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5. Season Information

- Practices begin as soon as teams are formed.
 - Games: May 3 – June.
 - Playoffs: mid-June (~2 weeks).
 - Locations: North Regina, Kiwanis, Moose Jaw.
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6. Booking Training Facilities

- Use Skedda app to book diamonds/batting cages.
 - Head Coaches have access; others request via scheduler@nrll.ca.
 - Fields bookable 1 week in advance; minimum 1 practice/week expected.
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7. Communication with Parents

- Hold early Parent Meeting: assistant coaches, team manager, parent liaison, coaching philosophy, uniforms, player equipment, team activities, safety.
 - Sample agendas & letters in Coach Toolkit at www.nrll.ca.
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8. Game Day Procedure

- Home team collects score & pitch sheets from clubhouse.
 - After game, return sheets & clipboard.
 - Dugout clean-up required; fines may apply.
 - Coaches dress appropriately; no swinging bats outside field; no on-deck circle.
 - Online scoring: schedules, scores, standings posted on NRLL website.
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9. Conduct (Zero Tolerance)

- No smoking, alcohol, drugs.
 - Foul language/behavior may lead to ejection.
 - Coaches responsible for players & spectators.
 - Abuse toward officials prohibited.
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10. Team Roles

- **Team Manager:** Fees, fundraising, communication; cannot be coach's spouse.
 - **Parent Liaison:** Neutral parent contact; cannot be coach's spouse.
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11. Attire & Uniforms

- Players: full uniform (hat, jersey, pants, footwear).
 - Protective Gear: jocks/jills recommended; catchers wear groin protection & mask.
 - Coaches: hat, T-shirt/collared shirt, pants (no jeans) or dress shorts, closed-toe shoes.
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12. Dugout & Field Rules

- Only players & coaches in dugout; keep organized.
 - No on-deck circle; no sunflower seeds/gum.
 - Equipment kept in dugout or outside fences.
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13. Pitching Rules

- Max 95 pitches/day.
 - Rest:
 - 1–20: none
 - 21–35: 1 day
 - 36–50: 2 days
 - 51–65: 3 days
 - 66+: 4 days
 - Pitchers cannot pitch >1 game/day.
 - 41+ pitches = cannot catch same day; catcher may pitch <4 innings.
 - Warm-ups: 8 pitches new pitcher; 4 pitches or 1 min if pitching previous inning.
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14. Strike Zones

- A: 1½ ball widths outside plate, top knees → armpits
 - AA: 1 ball width outside plate, top knees → letters/below armpits
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15. Time-Outs & Mound Visits

- Umpire approval required before entering field.
 - Mound visits: pitcher removed after 2 visits same inning.
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16. Pitching Distances

- 54 ft for all Intermediate, Junior, Senior divisions.
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17. Lead-Offs

- Allowed in all divisions.
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18. Playing Time Rules

- Equitable playing time required; keep lineup/position sheets.
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19. Game & Season Format

- Regulation game: 5 innings minimum.
 - Home team ahead after 4½ innings and game called: complete.
 - No new inning after 2 hours; max 7 innings.
 - Reschedule canceled games; 6-6 tie if rescheduling not possible.
 - Playoffs occur; format determined pre-playoffs.
 - Mercy Rule: 10-run lead after 5 innings wins.
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20. General Rules

- Full roster batting rotation required.
 - Slide at home to avoid contact.
 - Catchers wear mask/helmet while warming up pitcher.
 - Infield Fly & Dropped 3rd Strike in effect.
 - Spinners prohibited.
 - No intentional walks.
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21. Division-Specific Rules

Division	Max Innings	Inning Limits	Lead-Offs	Balks	Pitcher Re-entry
Intermediate	7	3 outs / 7 runs	Allowed	Must clearly intend to deceive	Once if not on bench
Junior	7	3 outs / 7 runs	Allowed	Must clearly intend to deceive	Once if not on bench
Senior	7	3 outs / 7 runs	Allowed	Must clearly	Once if not on bench

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