

**Welcome!** 

Thank you for volunteering to coach at NRLL! Your dedication creates a fun, safe, and skill-building experience for our players. For schedules, scores, standings, and photos, visit [www.nrll.ca](http://www.nrll.ca). Updates will be sent to the email you provided at registration.

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## 1. Coaching Requirements

- **Criminal Record Check (CRC):** Every 2 years, valid from season end
  - **Respect in Sport Certification:** One-time, online
  - **Little League Abuse Awareness**
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## 2. Teams & Affiliated Players (APs)

- APs help teams with low rosters ( $\leq 10$  players; max roster = 11)
  - APs must be from the same division or one below
  - Approval required from AP's guardian and regular coach
  - Restrictions: APs cannot pitch or play catcher
  - Follow fair play rotations and prioritize the home team
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## 3. Equipment & Uniforms

### **Team Equipment:**

- Bags provided at Coach's Meeting (practice balls included)
- Bats are player-specific
- Equipment Bond: Minor \$150, Major \$170 (refundable if returned in good condition)
- Purchases: Discuss with parents first
- Returns: Date announced near season end; do not leave equipment in clubhouse

### **Uniforms:**

- Jerseys & hats included in registration; kept by players
- Exchanges: Contact [uniforms@nrll.ca](mailto:uniforms@nrll.ca)
- Players must wear full uniform; missing items replaced immediately
- Teams may add logos at their cost

- Unregistered or non-uniformed players cannot participate
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## 4. Season Overview

- Practices begin once teams are formed
- Games start ~May 1;
- Playoffs: All Minor & Major divisions; format shared before playoffs
- Locations may include Kiwanis, Moose Jaw, or NRLL diamonds

### **Booking Practice Facilities:**

- Use Skedda for diamonds/batting cages
  - Head coaches have access; assistants/managers request via [scheduler@nrll.ca](mailto:scheduler@nrll.ca)
  - Fields booked 1 week in advance
  - Minimum expectation: 1 practice per week
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## 5. Parent Communication

Topics to cover in your team meeting:

- Assistant coaches / volunteers
- Team Manager & Parent Liaison roles
- Coaching philosophy & expectations
- Uniform details & player equipment
- Team photos, clothing, and team-building activities
- League safety policies

*Sample agendas and letters available in the Coach Toolkit at [www.nrll.ca](http://www.nrll.ca).*

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## 6. Game Day Procedures

- Home team: official scorekeeper
  - Visiting team: official pitch counter
  - Return sheets & clipboard after game
  - Dugout must be clean; fines may apply
  - Safety: No swinging bats outside field; no on-deck circle
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## 7. Conduct (Zero Tolerance)

- No smoking, alcohol, or drugs
  - No foul language or inappropriate behavior (ejection possible)
  - Coaches responsible for players & spectators
  - Abuse toward officials prohibited
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## 8. Team Roles

- **Team Manager:** Fees, finances, fundraising, info distribution; cannot be coach's spouse
  - **Parent Liaison:** Neutral parent contact; cannot be coach's spouse
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## 9. Player & Coach Attire

- Players: Full uniform (hat, jersey, pants, shoes); optional jock/jill
  - Catchers: Groin protection & throat guard required
  - Coaches: Hat, shirt, pants/shorts, closed-toe shoes
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## 10. Dugout & Field Rules

- Home dugout: 3rd base side
  - Only players & coaches in dugout
  - No sunflower seeds or gum
  - Equipment in dugout or outside playing field
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## 11. Pitching Rules & Counts

### Pitch Count Limits: -

Minor: 75/day | Rest: 1–20: 0 rest, 21–35: 1 day, 36–50: 2 day, 51–65: 3 day, 66+: 4 days

Major: 85/day | Same rest rules

- Pitchers cannot pitch more than 1 game/day
  - Mound Visits: remove pitcher after 2 visits/inning
  - Warm-ups: new pitcher 8 pitches, returning pitcher 4
  - Pitchers who throw  $\geq 41$  cannot catch that day; catchers may pitch  $\leq 3$  innings
  - Pitching Machines: Only Minor A uses machine; all others player-pitch
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## 12. Strike Zones / Distances / Stealing

- Minor AA/A: Strike zone 2 ball widths, knees → shoulders; 46 ft; stealing home: No
  - Minor AAA: Strike zone 2 ball widths, knees → armpits; 46 ft; stealing home: Yes
  - Major AA/A: Strike zone 2 ball widths, knees → armpits; 46 ft; stealing home: Yes
  - Major AAA: Strike zone 1.5 ball widths, knees → armpits; 46 ft; stealing home: Yes
  - Timeouts: umpire approval required
  - Lead-offs: not allowed (steal only after ball crosses plate)
  - Balks: not called
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## 13. Playing Time & Fair Play

- All players receive equitable time
  - Full roster batting rotation required
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## 14. Game & Season Format

- Regulation: 4 innings minimum
  - Time limits: 6 innings or 1 hr 30/45 depending on tier
  - Weather: home team ahead after 3.5 innings → counts; else replay
  - Mercy Rule: 10-run lead after 4 innings, 7-run after 5 → game over
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## 15. Division-Specific Rules

Division	Max Innings	Inning Limits	Run Rule	Infield Fly	Dropped 3rd Strike
Minor AA/A	6	3 outs / 4 runs	Yes	No	No
Minor AAA	6	3 outs / 6 runs	Yes	No	No
Major AA/A	6	3 outs / 4 runs	Yes	No	No
Major AAA	6	3 outs / 6 runs	Yes	Yes	Yes

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## 16. Playoffs

- Format shared before playoffs
- Weather delays: adjustments may be made by league/scheduler