

North Regina Little League (NRL) Coaching Manual – Senior Rookie Division

Welcome! 

Thank you for volunteering to coach at NRL! Your dedication helps create a fun, safe, and skill-building experience. Stay updated at www.nrl.ca; updates sent to registered email.

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. Teams & Affiliated Players (APs)

- APs may be used when short on players.
 - APs from same division or one below.
 - Approval required from AP guardian & regular coach.
 - APs cannot pitch or catch.
 - Teams with ≤ 10 players may use AP; max roster 11.
 - APs follow fair play rotations; prioritize home team.
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3. Equipment

- Team Bags provided at Coach's Meeting (practice balls included; bats are player-specific).
 - Equipment Bond: \$120 per team, refundable via cheque/e-transfer.
 - Purchases: discuss with parents before buying.
 - Returns: date announced near season end; do not leave equipment in clubhouse.
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4. Uniforms

- Registration fees cover jersey & hat; kept by players.
 - Size exchanges: uniforms@nrl.ca.
 - Players must be in full uniform; missing items replaced immediately.
 - Teams may add logos at own cost.
 - Unregistered/non-uniformed players cannot participate.
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5. Season Overview

- Practices start as soon as teams formed.
 - Games start ~May 1.
 - Additional games may follow mid-June for weather delays.
 - Playoffs: all Senior Rookie divisions; format shared before playoffs.
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6. Booking Practice Facilities

- Book diamonds/batting cages using Skedda.
 - Head Coaches have access; assistants/managers request via scheduler@nrll.ca.
 - Fields bookable 1 week in advance; minimum 1 practice/week.
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7. Communication with Parents

- Topics: assistant coaches, team manager & parent liaison roles, coaching philosophy, uniforms, equipment, team activities, safety.
 - Sample agendas & letters in Coach Toolkit at www.nrll.ca.
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8. Game Day Procedures

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

- No smoking, alcohol, drugs.
 - Foul language/behavior → ejection/disciplinary action.
 - Coaches responsible for players & spectators.
 - Abuse toward officials prohibited; games may be live-streamed.
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10. Team Roles

- **Team Manager:** handles fees, finances, fundraising, info distribution; not coach's spouse.
 - **Parent Liaison:** neutral contact between parents & coaches; not coach's spouse.
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11. Attire & Protective Gear

- Players: full uniform (hat, jersey, pants, shoes); optional jocks/jills.
 - Coaches: hat, shirt, pants/shorts, closed-toe shoes.
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12. 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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13. Coaching Guidelines

Offensive Play: - A & AA: coaches may assist on-field. - AAA: max 3 coaches in dugout; 2 coaches on-field during batting (coach pitches overhand from one knee after 4 balls).

Defensive Play: - A & AA: coaches may assist on-field. - AAA: max 3 coaches in dugout; coach from dugout while fielding.

Game & Attendance: - Arrive on time & ready. - Pre-game warm-ups: Visiting 20 min before, Home 10 min before. - Late = forfeit warm-up; games start on time.

14. Scorekeeping & Pitch Count Rules

- Home: official scorekeeper; Visiting: official pitch counter.
- Inform pitch counter when switching pitchers.
- Keep copies of score & pitch sheets; use player numbers & real names.
- End of game: return sheets & clipboard.

AAA Pitch Count:

- Max 50 pitches/day, max 2 innings/game.
 - Rest: 1–20 = 0 days; 21–35 = 1 day; 36–50 = 2 days.
 - Pitchers who throw 41+ pitches cannot catch that day.
 - Catcher may pitch ≤3 innings.
 - Warm-ups: new pitcher 8 pitches, returning 4.
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15. Strike Zones / Field Rules / Timeouts

- Strike Zones: A & AA = knees → shoulders; AAA = bottom knees → armpits.
 - Mound visits/ timeouts: umpire approval required; 2 visits/inning → pitcher removed.
 - Pitching distance: 39 ft.
 - No lead-offs or balks.
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16. Playing Time & Fair Play

- All players get equitable playing time
 - Rotate lineups each game.
 - Full roster batting rotation applies.
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17. Game & Season Format

- Regulation: 4 innings minimum.
 - Weather: home team ahead after 3½ innings → game counts; else replay.
 - Pitch counts from canceled games do not carry over.
 - Rescheduling: league attempts; otherwise record 6–6 tie.
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18. General Rules

- Slide feet-first at home.
 - No infield fly.
 - No spinners.
 - No intentional walks.
 - Catchers wear mask & helmet while warming up pitchers.
 - Coaches can warm up pitchers without mask.
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19. Division-Specific Rules

Division	Game Time	Pitching	Max Innings/Pitcher	Fielding	Runs/Inning	Notes
Senior Rookie A & AA	Max 6 innings; no new inning after 1 hr	Machine only	N/A	4 infielders + pitcher + catcher + 3 outfielders	3 outs or 4 runs	No stealing; no bases on overthrows; dead ball if hits machine/coach → runner to 1st
Senior Rookie AAA	Max 6 innings; no new inning after 1.5 hr	Player pitches; coach pitches after 4 balls. Pitcher must stay within arms of reach of coach when he/she is pitching.	Max 2 innings/pitcher; pitch count rules apply	Standard (not specified)	3 outs or 4 runs	No stealing; coach pitches from one knee until batter hits or strikes out

20. Playoffs

- Playoff format determined before season.
- Weather delays may adjust schedule.