

Welcome! 

Thank you for volunteering to coach at NRLL! Your dedication helps create a fun, safe, and skill-building experience. Stay updated at www.nrll.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:**
-

2. Teams & Affiliated Players (APs)

- Teams usually have 7–9 players.
 - If <6 players available, NRLL may provide APs; contact Division Commissioner.
-

3. Equipment

- Team Bags: Provided at Coach's Meeting (practice baseballs & tee included).
 - T-Ball & Junior Rookie: No catcher's gear.
 - Player Equipment: Gloves, CSA-approved helmets, groin protection, bats. Bats are player-specific; siblings may share if necessary.
 - Equipment Bond: \$50 per team, refundable if returned on time & in good condition (cheque/e-transfer).
 - Purchases: Discuss with parents.
 - Returns: Date announced near season end; do not leave equipment in clubhouse.
-

4. Uniforms

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

5. Season Overview

- Practices begin as soon as teams formed.
 - Games start ~May 1.
 - Additional games after mid-June for weather delays.
-

6. Booking Practice Facilities

- Use Skedda for diamonds/batting cages.
 - Head Coaches access; assistants/managers request via scheduler@nrll.ca.
 - Fields bookable 1 week in advance; minimum 1 practice/week.
-

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.
-

8. Game Day Procedures

- Home coaches: pick up score & pitch sheets.
 - Return sheets & clipboard after game.
 - Dugout clean; fines may apply.
 - Safety: no swinging bats outside field; no on-deck circle.
-

9. Conduct (Zero Tolerance)

- No smoking, alcohol, or drugs.
 - Foul language/behavior.
 - Coaches responsible for players & spectators.
 - Abuse toward officials prohibited;
-

10. Team Roles

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

11. Attire & Protective Gear

- Players: full uniform (hat, jersey, pants, shoes); optional jocks/jills.

- Coaches: hat, shirt, pants/shorts, closed-toe shoes.

12. Dugout & Field Rules

- Home dugout: 3rd base side.
- Only players & coaches in dugout.
- No sunflower seeds or gum.
- Equipment stored in dugout or outside field.

13. Division-Specific Rules

Division	Ages	Game Length	Batting	Fielding	Base Running	Runs/Outs	Notes
T-Ball	4–5	Max 45 min; no new innings after time limit	Each batter gets 5 tee attempts before 1st base; everyone bats each inning	5 infielders + pitcher on gravel; remaining outfielders	No stealing; no extra bases on overthrows	N/A	Outfield hits dead once inside bases; scorekeeping not required
Junior Rookie	5–6	Max 45 min; no new innings after time limit	6 coach-pitches, then 2 tee swings if unsuccessful; 8th foul swing = 1 extra attempt; bat must contact bat before	5 infielders + pitcher on gravel; remaining outfielders	No stealing; no extra bases on overthrows	3 outs or 4-run limit per inning	Ball remains live if it hits coach pitching from knees; scorekeeping required to manage 4-run / 3-out limit

Division	Ages	Game Length	Batting tee to be in play	Fielding	Base Running	Runs/Outs	Notes
----------	------	-------------	------------------------------------	----------	-----------------	-----------	-------