



Spring 2020 Youth Baseball 10U Coach's Packet

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You can also sign up to have rainout info emailed to you.
www.stillwaterareasports.com



Coaches/Parent/Staff/Spectator

Awareness and Expectations

Prohibited Behavior

1. Use or under the influence of tobacco and/or alcohol in the presence of SASA athletes.
2. Use of degrading language or behavior. Coaches are also responsible for stopping disrespectful behavior between team members, including sexual harassment
3. Threatening or intentionally inflicting physical injury upon anyone, especially a minor. Coaches are also responsible for stopping threatening behavior by players.
4. Committing any sexual offense against a minor, or engaging in any sexual contact with a minor.
5. Making any sexual advance, or engaging in other verbal, or physical conduct of a sexual nature with a minor.
6. Non-related one-adult/one-child interaction except in an emergency where following this policy would be dangerous to the child. In an emergency situation, the coach or volunteer must contact a representative of the organization to inform him or her of this contact and the reason for it. If a child is receiving individual instruction or working with a private coach, this activity must be in a public setting rather than behind closed doors.

Reporting of Suspected Child Sexual Abuse

1. A member of the Board of Directors or other official representative will be designated to receive reports of sexual abuse or other inappropriate conduct. This representative will promptly notify the proper law enforcement agencies.
2. All coaches, volunteers, parents and program participants are directed to report any incident of abuse or suspected abuse that they witness or that is reported to them to the designated representative of the Board of Directors. *Note:* This does not preclude individuals from reporting abuse, suspected abuse to the proper law enforcement authorities.
3. The designated representative will keep other Board members fully informed.
4. Should a suspected incidence of abuse be reported, the coach/volunteer in question may be temporarily suspended from duties while an investigation takes place.

The Board of Directors, when appropriate, shall communicate reports of child sexual abuse to the league members. The confidentiality of any who makes such a report will be protected.

Park Rules for all SASA Sponsored Events (Games and Practices)

- ~ No Tobacco products of any kind.
- ~ No pets.
- ~ No outside food or drink (water is okay)*
- ~ No alcohol.
- ~ No profanity.
- ~ No soft toss into fences or backstops.
- ~ Pre-game practice in warm up areas and outfield only; Not common areas.
- ~ Parents are required to supervise the children in which they are responsible for at all times when in the facility(s).
- ~ No skateboards, bikes, rollerblades, scooters.
- ~ No climbing over fences to enter a closed facility(s).
- ~ Each team is expected to clean up the facility after they use it (dugouts, fields, fence lines).

* SASA will provide discounted pricing on team drinks and snacks (10 or more) at the concession stand.

**If you would like to bring team drinks or snacks please leave them in the parking lot and distribute them outside of the complex. The purpose of this request is to reduce the loose trash inside of the ballparks.

PLEASE NOTE: If a parent or spectator refuses to follow the park rules, they will be removed from the complex immediately. If this non-compliant behavior happens repeatedly the parent and subsequently the player can both be banned from participation by the SASA Board of Directors.



Little League Baseball

Program Organization and Administrative Personnel

The SASA Rec. Baseball Program shall be operated under the direction and supervision of the SASA Directors and their staff, all of whom are employed by SASA. **The final decision(s) on anything covered or not covered in this rule book will be made by the SASA Board of Directors and/or its representatives. Be it understood that by registering for this program, you accept the purpose, direction and philosophy of the program.**

Purpose

The general purpose of the SASA Rec. Baseball Program is to provide a common interest in sportsmanship, fellowship, skill improvement and physical fitness: to bring area youth closer together through the means of recreational competition: and to keep the welfare of the youth first and foremost.

Specific purposes are:

1. To promote safety first by encouraging only programs with strict controls over ages and equipment.
2. To acquaint each and every player with such baseball fundamentals as hitting, fielding, running bases, throwing mechanics and physical fitness.
3. To inspire players in good habits such as sportsmanship, fellowship and respect for coaches and umpires.

Philosophy

The established philosophy of the SASA Board of Directors is that all participants enrolled in youth sports have the guaranteed right to play in every game regardless of skill level. As a result of this guiding philosophy, rules and regulations governing play, eligibility, and sportsmanship have been developed. It is always the duty of the coach to inform SASA of adverse conduct or situations.

It has been the philosophy of SASA to provide a recreational based youth league program for the players of all age groups. SASA will provide this recreation program under the following guidelines:

1. That every participant is able to play and will be allowed to have fun.
2. SASA will provide a recreational program for which the main concern is fun for all players.
3. SASA will make every attempt to provide equity of play by dividing ability levels into several classifications.

Ethics & Sportsmanship During SASA Sponsored Events

Coaching Ethics

A baseball coach, by example of his/her behavior. Affects hundreds of youngsters in the City of Stillwater, as well as the entire baseball/softball program. A coach should:

1. Keep winning and losing in its proper perspective. Stress effort rather than winning and losing.
2. Be considerate of player's feelings and exhibit self-control at all times.
3. Show respect for opposing players, coaches and fans.
4. Cooperate with officials and treat them with respect.
5. Make sure that all players get in the game at least one inning (defense).
6. Allow the players to have fun.
7. Teach players fundamentals.
8. Teach players sportsmanship.

A Coach shall refrain from:

1. Use of alcohol and/or participating in team functions (games or practice) under the influence of alcohol or having alcohol on their breath.
2. Use of tobacco products of any kind while in the presence of players (Games and practice).
3. Bawling out players on the field.
4. Baiting officials or disrupting their decisions on the field.
5. Riding the opposition or fans by word or gesture.

NOTE: The player's safety and well-being should be any coaches main concern at all times. Injured players should not be allowed to re-enter the game where they could risk further injury.

Sportsmanship

1. Poor sportsmanship and/or foul language will not be tolerated. Any derogatory remarks to officials, opposing coaches, fans, or players can result in suspension from play or forfeiture of the game.
2. Umpires are tasked with keeping the peace to allow the kids to compete in a recreational atmosphere. If you are interfering with this atmosphere the umpire(s), site director or SASA Management will remove you.
3. **Any coach/fan/parent ejected from a SASA event (games or practices) must leave SASA property immediately and may not re-enter SASA property for the remainder of the day. Additionally, the ejected coach/fan/parent will not be allowed to attend/participate (suspended) in the next game. Ejected coaches/fans/parents may petition to the SASA Board of Directors through the Grievance Chair to have their suspension nullified.**
4. **Repeated ejections or acts of poor sportsmanship and/or use of foul language could result in suspension or removal from all SASA programs for the remainder of the calendar year.**

10U Baseball Rules

(Anything not covered in this rules package will revert back to USSSA Rules. If not covered by USSSA Rules, NFHS Rules will be applied.)

Length of Games

65 Mins or 5 innings

Umpires will keep the official game time.

*A new inning begins as soon as the 3rd out is called of the previous inning.

**The official game time will start when the defensive team takes the field.

***There will be a 10-minute grace period given to a team that is waiting on players to arrive to complete their line-up. Each team must have a minimum of 8 players to start a game.

Base and Pitching Distances

65ft bases/ 46ft pitching distance

Bat Specs.

All bats in use must be one of the following;

1. Permanent USSSA stamp on the taper of the handle OR
2. USA BASEBALL stamp on the taper of the handle OR
3. Made of at least 51% wood.

SASA reserves the right to inspect, approve or banish any and all bats that come into question.

*First Offense – If the umpire discovers that a bat does not conform to the rules listed above (USSSA Stamp, BBCOR stamp or wood) during or after the bat has been used in play, it shall not be automatic grounds for declaring the batter out and/or ejection from the game. If it is discovered by the umpire that an illegal bat has been used to put a ball in play, the defensive team (before the next legal pitch) will have the choice to take the result of the batted ball or the batter will be called out and baserunners will return to their position on base before the pitch that was hit.

**Second Offense – The offending team's manager will be ejected as well as the first offense penalty.

Official Baseball

9" standard game balls will be provided by SASA.

Uniforms

Color coordinated jerseys with numbers on back are required. Baseball pants or shorts are allowed. Cleats are preferred but not mandatory.

Home Team

The home team shall be designated by a coin flip before each game.

Helmet Rule

Helmets are to stay on at all times while an offensive player (hitter or runner) is outside of his/her respective dugout.

Starting and Ending a Game

1. A flip of a coin between the two teams shall determine the home team.
2. A regulation game consists of five (5) innings unless the game is:
 - a. Shortened because the Mercy Rule.
 - 20 Run differential at any time = Drop dead stoppage regardless of home team.
 - 15 Run differential after 3 completed innings
 - 8 Run differential after 4 completed innings

*In the event of a Mercy Rule game in which players on either team have not yet batted at the time of the Mercy Rule; all game stats are to be recorded at the time of stoppage yet the game will continue as long as there is time left on the game clock or until all players get 1 at bat.
 - b. Shortened because an imposed Time Limit expires; or
 - c. If a game is called due to rain, Weather, light failure or other acts of Nature and cannot be resumed it is a regulation game if two (2) innings have been completed. If 2 innings have not been completed then the game will be resumed from the exact point it was stopped at a later date.
3. Teams must use a continuous line-up, of all registered, uniformed players present and may move freely in defensive positions with the exception of the pitching position. The offensive batting line-up can not change during the course of the game, yet open defensive position substitutions are allowed at any time. Any player(s) arriving after the game has begun, shall be added to the bottom of the batting line-up. If a player has to leave the game for any reason other than a medical issue, that position in the line-up becomes an auto-out when that at bat comes around.
4. Teams may play an official game with an eight (8) player line-up. If a team plays with an eight (8) player line-up, an out shall be declared for the ninth (9th) position in the batting line-up each turn at bat. A ninth (9th) player and all subsequent players may be added to the bottom of the batting line-up as soon as they become available. *If a player is listed on the line-up but not present then an auto out must be taken when their spot of the order is up. Don't list players until they arrive to avoid an auto-out.
5. A team may continue a game with a minimum of eight (8) eligible players.
6. At any time, the offensive team may use a courtesy runner for the catcher or pitcher of record from the previous inning on defense. The courtesy runner shall be the player making the last batted out or is farthest away from the catchers or pitchers position in the line-up if no outs have been recorded. The re-entry status of the courtesy runner, catcher or pitcher shall not be affected by this rule. If at any time, a courtesy runner is determined to be ineligible, a proper replacement pursuant to these rules (if available) shall be used without penalty.
7. **A maximum of five (5) runs can be scored per offensive inning.**
8. Nine (9) defensive players shall play in the field.
9. **Pitchers will be issued 2 warnings then all following baulks will be enforced.**

*Baulks will only be called if its determined that the pitcher is attempting to gain a competitive advantage over a baserunner(s) or batter with an illegal motion or movement. We don't want to dominate a pitcher's mind with mechanical issues while strikes are at a premium.
10. A batter shall be automatically out on a dropped / missed third (3rd) strike by the catcher.
11. **Bunting is allowed.**

*If attempting a squeeze play, the runner at 3rd will automatically be called out if the batter does not make contact with the pitch since you cannot steal home plate.

12. **Runners shall not lead-off but may advance at their own risk (steal) once the pitcher has released the pitch.**
***Base runners may only steal 1 base per pitch.**
13. Once a pitch has been hit the batter (now a runner) may advance around the bases until stopped by defense. Once stopped on the bases and time is called all base runners may only advance once a pitch has been hit.
Example...A batter/runner may advance all the way home on a swinging bunt and 9 overthrows.
Example...A batter/runner that is stopped at 2nd may only advance by a hit pitch.
14. **Runners shall not advance from third (3rd) base to home unless the runner is batted home or forced by a base on balls, hit batsman, or award from the Umpire. Runners shall not advance from third (3rd) base to home on passed balls, wild pitches or dropped / missed third (3rd) strikes by the catcher.**
a. ADDEMDUM Runners who started the pitch at 3rd may advance home at will only when the catcher attempts a “backpick throw” to third base. Without an attempted “backpick throw” by the catcher all of rule 14 still applies.
15. The Infield Fly Rule shall not be in effect at any time.
16. ONE DAY MAXIMUM: In the 9U – 12U age divisions, a player may legally pitch a maximum of six (6) innings in one (1) day. The player would be ineligible to pitch the next day.
17. ONE DAY MAXIMUM TO PITCH THE NEXT DAY: 9U – 12U age divisions, a player may legally pitch a maximum of three (3) innings in one (1) day and still legally pitch the next day. If the player pitches three and one-third (3 1/3) or more innings in one (1) day, the player cannot legally pitch the next day.
18. A player that pitches more than three (3) innings in one day MUST rest the next day.
19. For all cumulative totals in this rule, one (1) out equals one-third (1/3) of an inning, two (2) outs equals two thirds (2/3) of an inning and three (3) outs equals one (1) full inning. A pitcher that pitches in a game and records no outs is not charged with any innings pitched.
20. Outs recorded during a game that ends in forfeit shall count towards a pitchers’ innings limits.
21. For purposes of pitching limitations rules, a pitcher is in violation of the rule if he records any out above the legal pitching limits pursuant to these rules.
*Rule 20 Exception: Exceeding the maximum innings allowed in the case of a double or triple play shall not be counted against the pitcher for the purpose of this rule but shall be counted towards the pitcher’s limits with regards to the eligibility to pitch the next day, etc.
22. It shall be the responsibility of each team to challenge pitching violations by notifying the Umpire and then filing a Protest with the League / Tournament Director. A protest may be filed at any point after the pitcher in violation records any out beyond his legal limit AND while the pitcher in violation is in the game as the pitcher of record. If such violation is the last recorded out of the game, the protest MUST be filed prior to the Umpires and the protesting team leaving the field of play.
23. Rule 20 Penalty: Any violation shall result in immediate forfeiture of the game. If such violation occurs.

In the 10U Upper Division the following rules exceptions will be played as of 3:00 on 6/25.

- 24. Base runners will be allowed to lead-off of all bases and attempt to advance at will.
- 25. Base runners will be allowed to steal more than 1 base per pitch.
- 26. Base runners will be allowed to advance home at will.
- 27. Pitchers baulks will be called.
- 28. 10U Upper Division will play dropped 3rd strike rule.