



COACHES HANDBOOK

Rookie Sr.

Welcome and Thank you for Volunteering with Medicine Hat Little League

Contact Information

Division Coordinators:

Jenessa Brown - jenessabrown@hotmail.com

Little Sluggers

Rookie Jr.

Dee Cox - deeaustalia@hotmail.com

Rookie Sr.

Nicole Herter - nicole.vis@hotmail.com

Minors

January Clark - januaryw@yahoo.com

Majors

President:

Justin McDonald - jmcd9@hotmail.com

Intermediate/Teenage

Equipment Director:

Meredith Conboy - meredithconboy5@gmail.com

Office Admin:

medhatlittleleague@gmail.com

Vice President

Mandy Hauck - mandeefischer@gmail.com

Important Dates

Equipment Pick Up Dates:

All Divisions

Sunday, April 16th (6pm – 8pm)

Monday, April 17th (5pm – 7pm)

League Begins:

Little Sluggers, Rookie Jr. & Rookie Sr.

Monday, May 1st

Minors, Majors, & Intermediate/Teenage

Sunday, April 23rd

League Ends:

Little Sluggers, Rookie Jr. & Rookie Sr.

Sunday, June 18

Minors, Majors, & Intermediate/Teenage

Friday, June 23

Year End Jamboree/Playoffs:

TBD

Equipment Return:

TBD

Resources

<https://www.mhlittleleague.ca/>

<https://www.littleleague.org/university/>

<https://www.littleleague.org/university/coaches/>

<https://www.littleleague.org/playing-rules/pitch-count/>

<http://www.littleleagueab.ca/>

<https://www.littleleague.ca/>

Coaches Responsibilities

- Develop all players in a fun, encouraging, positive environment. All players should be given the opportunity to play all positions. Playing time shall be equal amongst all the team players.
- Police check
- Review division specific rules - appendix A
- Safety Plan - appendix B
- Equipment Pick Up
- Home Team (When Games Are Permitted):
 - Third Base Line
 - Put bases out and lock up at end of game
 - Official Scorekeeper
- Visiting Team (When Games Are Permitted):
 - First Base Line
 - Official Pitch Count
 - Appoint Game Day Coordinator
- Report pitch count to division director and scores for Kid Pitch divisions and higher
- Attend draft for Minors and older divisions
- Return all equipment and jerseys at end of season

League Responsibilities

- To support our volunteer coaches
- Provide necessary equipment - tees, balls, bats, bases
- Provide letter for police check to each coach
- Team assessments
- Moderate drafted teams
- Creation of teams for Little Sluggers to Rookie Sr.
- Schedules for each team
- Tournament Schedules
- Weather cancellations will be decided by division director and communicated to coaches via email and TeamSnap notification
- Umpires are scheduled and paid by MHLL
- Complaints or concerns

TeamSnap

- Each team will have their own TeamSnap account.
- Office staff will upload all teams, contacts and schedules into TeamSnap and give each coach manager access.
- You will be able to send communication to your team via TeamSnap.
- Schedule changes will need to be completed through the office.
- Please call or email office for assistance with TeamSnap

Medhatlittleleague@gmail.com

Appendix A Division Rules

MHLL Rookie Sr. Division



Cancellations

All cancellations are at the discretion of the division director with consultation from the Field manager. Cancellations will be updated on MHLL Facebook page, Twitter and texted to division team coaches. Coaches are responsible for emailing their respective teams of the cancellation. Cancellation decisions will be made by 4:30PM.

Start Time

Rookie Sr. start times will be at 6:00pm. Always refer to the schedule given out by the division directors. Practice will be 20 minutes then a game will commence. The game will be 6 innings if time allows and no new innings after 7:45PM.

Diamond Locations

Kid Pitch will play at both CHHS diamonds, both Ross Glen diamonds, and both Vincent Massey diamonds on Monday and Wednesday nights.

Preparation\Clean Up

Player Information

- Teams will consist of 12-13 players.
- There will be two teams scheduled per field.
- Players will provide their own equipment (with the exception of bats and balls)

Games

Home Team Responsibilities: (listed last on schedule)

- Occupy 3rd base dugout
- Sets up bases
- Provide balls for the game
- Game coordinator when needed

Away Team Responsibilities: (listed first on schedule)

- Occupy 1st base dugout.
- Puts bases away

Equipment

There will be a scheduled day for equipment and uniform pick up at the beginning of the season. Coaches are required to pick-up or coordinate an alternate coach to pick-up team equipment. There will be game balls, practice balls, catching equipment and some team bats in the equipment bag. This equipment is expected to be returned to MHLL at the conclusion of the season. There will be a scheduled day for equipment drop-off.

Game Play

- 1) The home team is responsible for setting up the bases but both teams must bring their full equipment to every game. Coaches pitch to their own players.
- 2) Teams will arrive at the diamond at 5:45 PM. The game start time is 6:00 p.m. Each team will practice for 20 min.
- 3) There are no umpires for games. Coaches will be calling balls, strikes, and outs.
- 4) All players require a batting helmet, protective cup, and a baseball glove. Everything else is supplied by the league.
- 5) All players will be given a chance to play at each position.
- 6) All players must play a minimum of one defensive inning in both the infield AND outfield by the end of the fourth inning of every game – assuming rosters of 12 or less players. Teams with 13 or more players must meet this standard by the end of the fifth inning. An exception to this policy is games that are shortened due to inclement weather.
- 7) A player should be positioned near the pitching mound to field that position.
- 8) Each inning will consist of 6 outs or once through the batting order, whichever comes first. Strikeouts are enforced. No walks.
 - a. Up until May 20, a player will pitch 3 pitches, followed by the coach pitching 5 pitches.
 - b. Following May 20, players will pitch 5 pitches, followed by the coach pitching 3 pitches.
 - c. After 8 pitches, the at bat for the batter ends, and an out is recorded.
 - d. Advance of 1 base per overthrow.
 - e. A maximum of 40 pitches per game, per player is allowed. After two batters are hit in the same inning, the offensive coach may request that the pitcher be replaced.

- 9) Players will advance a maximum of one base on all hits, no matter where the ball is hit.
- 10) Pitching distance will be at 40 feet from the back of the plate to the pitching coach. Coaches may move a bit closer if needed to help a hitter.
- 11) Bases are to be positioned 60 feet apart.
- 12) No stealing is allowed.
- 13) No inning will start after 7:45 pm.
- 14) All spare players/siblings/parents/coaches must stand or sit behind the out of bounds area (except for base runner coaches). Benches are for players only.
- 15) Batters or base runners that are retired must return to the bench at once.
- 16) No Bat/equipment throwing or other unsafe behavior is acceptable.
- 17) Please refer to the Medicine Hat Little League Facebook page for game cancellations.
- 18) If weather conditions do not permit teams to play, coaches must inform their team.

Contacts

The Rookie Sr. director is Dee Cox
E-mail: deeaustralia@hotmail.com

Appendix B Safety Plan

MHLL Safety Plan

All participants (players, coaches and spectators) of MHLL must abide by these guidelines when organizing or attending an organized activity.

Requirement	Description/Application
Health Check	<ul style="list-style-type: none">• All players and coaches of MHLL are encouraged to complete a Health Check on TeamSnap prior to participating in each baseball activity.• If you are feeling ill or the player is ill please avoid coming to the practice/game to avoid getting others ill
Hygiene	<ul style="list-style-type: none">• Players should bring their own sanitizer that contains at least 60% alcohol• Players and coaches should try to sanitize<ul style="list-style-type: none">○ Upon arrival to activity○ After touching any shared surface or equipment○ After touching face○ Before putting on a mask and after taking off a mask○ between each half inning (going onto or coming off of the field).○ After using the washroom• One person from each team completes pitch count and score.• Uniforms must be cleaned between each practice/game.
Equipment:	<ul style="list-style-type: none">• Participants must bring their own personal equipment. We strongly recommend you to provide your own bats if you are able too.• Unused personal equipment should be stored in clearly marked bags that hang OUTSIDE the dugout to avoid a tripping hazard.• During game play, the team who is on the field should supply baseballs to be used in the field.
Food and Water	<ul style="list-style-type: none">• Participants must use their own <u>clearly labeled</u> water bottles, which should be cleaned before and after each use.• Do not bring any food, gum, or sunflower seeds to the facility.• Concession operations must meet the government of Alberta guidelines.
First Aid	<ul style="list-style-type: none">• It is recommended that a family member attend to an injured player if available. If not possible, the attending person must wear medical gloves and a mask.
Spectators	<ul style="list-style-type: none">• Spectators must remain off the diamonds at all times.