



# COACHES HANDBOOK

Teenage Division

# Welcome and Thank you for Volunteering with Medicine Hat Little League

## **Contact Information**

### **Division Coordinators:**

**Jenessa Brown - [jenessabrown@hotmail.com](mailto:jenessabrown@hotmail.com)**

Little Sluggers

Rookie Jr.

**Dee Cox - [deeaustalia@hotmail.com](mailto:deeaustalia@hotmail.com)**

Rookie Sr.

**Nicole Herter - [nicole.vis@hotmail.com](mailto:nicole.vis@hotmail.com)**

Minors

**January Clark - [januaryw@yahoo.com](mailto:januaryw@yahoo.com)**

Majors

President:

**Justin McDonald - [jmcd9@hotmail.com](mailto:jmcd9@hotmail.com)**

Intermediate/Teenage

Equipment Director:

**Meredith Conboy - [meredithconboy5@gmail.com](mailto:meredithconboy5@gmail.com)**

Office Admin:

**[medhatlittleleague@gmail.com](mailto:medhatlittleleague@gmail.com)**

Vice President

**Mandy Hauck - [mandeefischer@gmail.com](mailto: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

## **Tournament/Playoffs:**

June 2-4

Playoff 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](mailto:Medhatlittleleague@gmail.com)

# Appendix A Division Rules

## MHLL Teenage Division



### **Cancellations**

All cancellations are at the discretion of the division director with consultation with Field manager. Cancellations will be updated on MHLL facebook page, and emailed 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**

Teenage start times will vary for practices and games dependent on days off the week they are scheduled for. Always refer to the schedule given out by the division directors.

### **Diamond Locations**

Teenage division will play at Kin Coulee & NDA diamonds on varying nights throughout the week.



# Rules/Guidelines of Game Play

***Senior games will start at varying times dependent on the day of the week. Please refer to your schedule for game times. Games will be 7 innings. Games will end at 9PM***

*Every player deserves a chance to play each position. MHLL expects coaches to rotate players in a fair and competitive way. With the division being mixed ages of 12-16, please utilize all players and make the games fun and competitive. We do not want to see the 15-16 yr olds pitching every game to ensure wins. This will be monitored.*

## **Cancellations**

All cancellations are at the discretion of the Division Director, in consultation with the Field Manager. Cancellation notifications will be posted on MHLL social media pages, and texted to Head Coaches. It is the Coaches' responsibility to notify their team. Cancellation decisions will be made on game day by 4:30pm.

## **Game Play**

- Lineup cards must be completely filled out (first and last names) for all players and coaches.
- *There is no mercy rule.* All games will be 7 full innings (or time limit), even if the losing team is mathematically eliminated. If the home team is winning, they will not bat the bottom of the last inning.
- All players on team roster are required to be in the batting line-up
- Players are not permitted to sit more than 3 consecutive outs (1 inning)
- Innings 1 - 4 will have the Maximum Run Rule in effect (See Below)
- Innings 4 -7 will be open innings.
- Regular season games are allowed to end in a tie
- Each team must have a minimum of 8 players on the roster, otherwise they must forfeit. If both teams have a combined 16+ players. It is expected that the team with more players will lend enough players to the other team to play an exhibition game. Each half inning, the opposing team is expected to lend a player to play an outfield position. The lent player will be the last batter in the first inning and the previous last out in subsequent innings. If playing with 8 players, the team will NOT take an automatic out in the 9th batting position.

## Call-Ups

Players will be allowed to be called-up from the other Seniors teams (not playing on that night) to fill in for missing Seniors players. The same player is only allowed to be called up 2 times by the same team in the course of the season. *Called-up players will not be allowed*

*to pitch.* Call-ups must be noted in the game report to the Division Director.

## Pitching Rules

- Weekly pitch counts are reset Saturday at Midnight. Little League rest days are still in effect.
- Pitchers will be allowed to finish the batter on their pitch limit threshold, similar to the official Little League pitch rules.
- At the beginning of each inning pitchers are allowed 5 warm-up pitches
- When a new pitcher enters the game they are allowed 5 warm-up pitches
- Players are NOT allowed to pitch 3 consecutive days in a row
- If a player who played catcher for three (3) innings or less, moves to the pitcher position, and delivers 21 pitches or more in the same day, may not return to the catcher position on that calendar day.
- If a pitcher reaches 40 pitches while facing a batter, the pitcher may finish pitching the batter and maintain their eligibility to play the position of catcher for the remainder of that day. The pitcher would be allowed to play the catcher position provided that pitcher is moved, removed, or the game is completed before delivering the 41st pitch to another batter.

13 -16 Little League Age - 95 pitches per day

11-12 Little League Age - 85 pitches per day

9-10 Little League Age - 75 pitches per day

7-8 Little League Age - 50 pitches per day

1 – 20 pitches in a day - no calendar day of rest

21 – 35 pitches in a day - 1 calendar day of rest

36 – 50 pitches in a day - 2 calendar days of rest

50 - 65 pitches in a day - 3 calendar days of rest

66 - 95 pitches in a day - 4 calendar days of rest

## **Maximum Per Inning Run Rules**

In the event of a bases loaded walk and the 5<sup>th</sup> run crosses the plate, the inning is complete if there are runners on base with 4 runs already scored. If the ball is put into play, the inning does not automatically end when the 5<sup>th</sup> run crosses the plate. The play must be completed with an out at a base or the ball back to the pitcher. The opportunity is present for the offensive team to score up to a maximum of 8 runs in one inning. The intention of this rule is to complete the play, and not have the inning automatically end when the 5<sup>th</sup> run scores. All other rules still apply.

## **COACHES MUST USE THEIR BEST JUDGMENT AND PLAY FAIR**

### **Game Officials**

Most of the umpires you will encounter are young and possibly just starting out. Encourage them to have bigger strike zones at your home plate meetings, as this encourages players to swing the bat more often and helps speed the game up. We want to ensure our umpires are making the right decisions and learning their job correctly. Be understanding and support them! If an umpire makes a call and you feel it is wrong, you can ask them to discuss the call but once a decision has been made coaches need to respect the decision. Umpires, young or old, have the authority to remove coaches or players from the game if they get unruly. *Unsportsmanlike conduct will not be tolerated.*

There will be times when Little League games are umpired by youth under 18 years old. If both umpires are under 18, an adult Game Coordinator is required or the game cannot be played. It must be an adult (parent, manager or spectator) and cannot be one of the coaches (on the field or in the dugout). The Game Coordinator oversees the game and ensures the safety of the umpires and players, they are not there to change or discuss umpire calls. To find out more about the Game Coordinator role, see Little League Rule Book, rule 9.03(d).

### **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 from the MHLL garage (located at the Lions 2 diamond). There will be game balls, practice balls, catching equipment and 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.

### **Home Team Responsibilities:**

- Listed last on the schedule
- Occupy 3rd base dugout
- Set up bases
- Provide baseballs for the game
- Find Game Coordinator, when needed
- Official Scorekeeper
- Report score, report pitching, and report call-ups on Google Doc

### **Visitor Team Responsibilities:**

- Listed first on the schedule
- Occupy 1st base dugout
- Official Pitch Counter
- Provide base umpire, if necessary
- Put away & lock up bases

### Playoffs

All teams will make the playoffs and season standing will be used starting the first week of May.

### Tiebreakers:

- Win/Loss record
- Head to head
- Runs against
- Runs for
- Coin toss

### Playoff or Championship game tiebreaker:

- 1 Extra inning of regular baseball.
- Subsequent innings;
  - Offensive team start last player out at 2nd base as a base runner.
- If the game has to be called on account of darkness and remains tied. A coin will be flipped to determine a winner.

## **Contacts**

The Teenage Director is Justin McDonald  
Justin's Email: [jmcd9@hotmail.com](mailto:jmcd9@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
<b>Health Check</b>	<ul style="list-style-type: none"><li>• All players and coaches of MHLL are encouraged to complete a Health Check on TeamSnap prior to participating in each baseball activity.</li><li>• If you are feeling ill or the player is ill please avoid coming to the practice/game to avoid getting others ill</li></ul>
<b>Hygiene</b>	<ul style="list-style-type: none"><li>• Players should bring their own sanitizer that contains at least 60% alcohol</li><li>• Players and coaches should try to sanitize<ul style="list-style-type: none"><li>○ Upon arrival to activity</li><li>○ After touching any shared surface or equipment</li><li>○ After touching face</li><li>○ Before putting on a mask and after taking off a mask</li><li>○ between each half inning (going onto or coming off of the field).</li><li>○ After using the washroom</li></ul></li><li>• One person from each team completes pitch count and score.</li><li>• Uniforms must be cleaned between each practice/game.</li></ul>
<b>Equipment:</b>	<ul style="list-style-type: none"><li>• Participants must bring their own personal equipment. We strongly recommend you to provide your own bats if you are able too.</li><li>• Unused personal equipment should be stored in clearly marked bags that hang OUTSIDE the dugout to avoid a tripping hazard.</li><li>• During game play, the team who is on the field should supply baseballs to be used in the field.</li></ul>
<b>Food and Water</b>	<ul style="list-style-type: none"><li>• Participants must use their own <u>clearly labeled</u> water bottles, which should be cleaned before and after each use.</li><li>• Do not bring any food, gum, or sunflower seeds to the facility.</li><li>• Concession operations must meet the government of Alberta guidelines.</li></ul>
<b>First Aid</b>	<ul style="list-style-type: none"><li>• 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.</li></ul>
<b>Spectators</b>	<ul style="list-style-type: none"><li>• Spectators must remain off the diamonds at all times.</li></ul>

