



# COACHES HANDBOOK

Rookie Sr.

Welcome and Thank you for Volunteering with  
Medicine Hat Little League

# **Contact Information**

## **Division Coordinators:**

**Victoria Potter - [Victoria.potter@mymhc.ca](mailto:Victoria.potter@mymhc.ca)**  
Little Sluggers

**Danielle Cuerden - [Danicuerden@outlook.com](mailto:Danicuerden@outlook.com)**  
Rookie Jr.

**Drew Brown - [rookiesrdirector@gmail.com](mailto:rookiesrdirector@gmail.com)**  
Rookie Sr.

**Myles Stieger - [infantry\\_06@hotmail.com](mailto:infantry_06@hotmail.com)**  
Minors

**Willie Glasgo - [smokywelding@gmail.com](mailto:smokywelding@gmail.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:**

Little Sluggers, Rookie JR, Rookie SR  
April 24th (4:30pm – 6pm)

All Divisions  
April 28th (4pm – 6pm)

## **League Begins:**

Little Sluggers, Rookie Jr. & Rookie Sr.  
Monday, April 29

Minors, Majors, & Intermediate/Teenage  
Monday, April 29

## **League Ends:**

Little Sluggers, Rookie Jr. & Rookie Sr.  
Friday, June 14

Minors,  
Sunday June 21  
Majors  
Sunday, June 16

Teenage  
Sunday, June 23

## **Year End Jamboree/Playoffs:**

TBD

## **Equipment Return:**

TBD

## **Resources**

<https://www.mhllittleleague.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 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 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.

## **Preparation\Clean Up**

### Player Information

- 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 Drew Brown  
E-mail: [rookiesrdirector@gmail.com](mailto:rookiesrdirector@gmail.com)