

# 2024 Recreation Coaching Guidelines

## T-Ball ( rev March 2024)

### NP Recreation sports leagues strive to:

- Promote health and fitness by encouraging a love of the sport
- Teach the fundamentals
- Provides in-town competitive opportunities for all skill levels
- Foster an environment of sportsmanship and personal growth for both players and volunteer coaches

### Coaching

#### Recreation Contact Info

Office number: (908) 464-4430

Arlene Regan, Deputy Director: [aregan@newprov.org](mailto:aregan@newprov.org)

Karen Lambert, Sports Assistant: [klambert@newprov.org](mailto:klambert@newprov.org)

#### Weather Cancellations

- Games or practices may be cancelled on a field by field basis depending on conditions.
- E-mails regarding game cancellations will be sent from Rec office to leagues playing that night.
- Cancellations will be posted on season league lineup site (see Communication).

#### Communication

- Season announcements, team rosters and schedules, and league rules are posted at [www.leaguelineup.com/newprovbaseball](http://www.leaguelineup.com/newprovbaseball)
  - The current schedule (approx. 2 weeks) for all leagues can be found by scrolling to the bottom of homepage.
  - League guidelines/rules can found under the BULLETIN BOARD link
- Team rosters with contact information are provided to facilitate communication with parents
- All coaches should be registered via Community Pass in order to receive league notices (link from [newprov.org/recreation](http://newprov.org/recreation))
- Please encourage parents to assist as possible and sign up as coach or parent helper.

#### League Overall Details

- Length of season: Tuesday, April 9 through end of May or early June
- Days of week: Tuesday and Thursday
- Time: 6:00 PM to 7:15 PM
- Location: Hillview diamonds and fields
- Have six teams: Four will scrimmage on diamonds, two will have instruction on field areas
- Field Equipment Boxes: Boxes with supplies are on each field and the combination is: \_\_\_\_\_
- Please make sure equipment is returned to boxes and lock them after scrimmage/practice

#### Sportsmanship

- Sportsmanship is defined as conduct and attitude considered as befitting participants in sports, especially fair play, courtesy, striving spirit, and grace in losing.
- In order to encourage sportsmanship in all Recreation sports, the following have been developed:
  - **Code of Conduct** (part of registration). Parents agree to have their child adhere to the code.
  - Codes of Conduct for Coaches, Parents, and Players available under BULLETIN BOARD on the league lineup season website
  - Articles and essays regarding Sportsmanship are posted on the season website.

#### Safety

- Automatic External Defibrillators (AEDs) are available at all gyms in town (see separate sheet).
- Information on concussions, along with the NP Recreation Sports-related Concussion Policy, is posted on the season Web site.
- Coaches are asked to submit an Incident Report for any injuries that occur at a game or practice.

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### Coaching Background Checks

- The Borough of New Providence is requiring free background checks **every two years** for all Recreation volunteer head coaches, assistant coaches, and parent helpers over age 21.
- If you have done a background check as a result of your occupation, please let us know and provide documentation.
- If you have not completed a background check, you will be receiving an email from our vendor. Please respond to this email to complete the check.

### Rutgers SAFETY Coaching Certification

- NP Recreation is phasing in a one-time requirement that all coaches take a coaching safety course.
- We made arrangements for the Rutgers SAFETY Clinics with Steve Kern of Tri- Town Little League.
- Date are Wednesday, 3/13; Friday 3/29; & Wednesday, 4/10
- The online clinics are provided via web conference. **To register please email: [skern@wmb Blanchard.com](mailto:skern@wmb Blanchard.com).**
- Sessions from 6:30 pm to 9:30 pm.
- Let Steve know that you are from New Providence and what session you will be taking.
- NP Rec will cover the fee; you do not need to pay.

### Handouts

- AED locations
- Concussion Info
- Incident report
- Thunder and Lighting policy
- Sportsmanship and coaching

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### Scrimmage Set-Up and Rules

**T-Ball should be instructional and developmental looking to introduce players to the game, improve on skills and techniques, and have fun. Scrimmage and instruction provided.**

#### **Equipment**

- Tee Ball; batting tee
- All players must wear protective batting helmets when at bat and when running the bases. The helmets must meet National Operating Committee on Standards for Athletic Equipment (NOCSAE) standards. Helmets meeting the standard will have the NOSCAE label on them. Do not use any helmet if the shell is cracked or deformed; or if the interior padding is deteriorated.
- Players provide their own fielding glove/mitt

#### **Uniform:**

- Recreation issued t-shirt; sneakers or non-metal cleats; exercise or comfortable pants (LONG pants are recommended).

#### **Field Set-up**

- Pitching distance: about 30 – 40 feet depending on batter.
- Bases 45 feet apart with 64 feet distance from home plate to second base.
- Batting Tee: On home plate with point facing catcher.
- Imaginary playing line: ‘connects’ 1<sup>st</sup> & 3<sup>rd</sup> base. All defensive players stay behind this line until ball hit
- Home team: listed last on schedule, bats last, and sits on 1st base line.
- Away team: listed first on schedule, bats first, and sits on 3<sup>rd</sup> base line.
- Equipment box behind backstop with supplies at all fields. Please secure box when scrimmage complete.
- Additional equipment box for instruction equipment at far-left hand corner of field
- **Equipment box combination** \_\_\_\_\_

#### **Number of Players**

- All players should play in the field. Ideally 9 players with five infielders (pitcher, 1<sup>st</sup> base, 2<sup>nd</sup> base shortstop, 3<sup>rd</sup> base with no catcher) and four outfielders on the grass. Extra players should be put in the outfield.
- Players should be seated on the player bench until their turn at bat.

#### **Time**

- Warm –up: 6:00 PM to 6:20 PM
- Scrimmage: 6:20 PM for a four-inning scrimmage
- No new inning will start after 7:15 PM

#### **Instruction and Scrimmage**

- Instruction every third session to provide skills/drills in a positive way to encourage consistency, proper technique, and repetition of fundamental skills. Coaches assist with instruction.
- Scrimmage when not in instruction session to utilize skills in structured game environment to help understand rules, position, strategy etc. Scores will not be officially kept, no playoffs will be held

#### **Coaching Scrimmage Position**

- The team at bat may coach in the coaching box at 1<sup>st</sup> or 3<sup>rd</sup> base
- Fielding team may stand near defensive players to offer advice, but not interfere with play.
- Coaches may request “time” to demonstrate a technique or explain a situation to a player.
- Fielders: please make sure all players in the field are engaged and ready to play.
- At bat: Please make sure all players other than the batter are sitting on the bench.

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#### **Base Running**

- No advancement on an overthrow.
- On a batted ball, play stops when the player “pitcher” receives the ball on the mound from another player.

#### **Playing Time**

- Coaches must make every effort to equalize playing time during each scrimmage and over the season.
- Players will be given the opportunity to play various positions (subject to coach’s judgement).
- There is free substitution for all positions.