

Colchester Youth Baseball & Softball Gym Use Policy

The following is the Colchester Youth Baseball & Softball League policy for gym usage. This league policy is to be followed in addition to any town and/or school facility use policies. Penalty for violation of this policy is also included below.

Supervision

Players should be supervised at all times during gym usage. Players are not allowed in the gyms without supervision (league approved coach or official).

Considerations

Facility protection (ceiling lights, wood floors, etc.) and player safety were considered when discussing allowable baseballs and softballs with the WJMS administration. The following equipment and procedures will be followed at all Colchester school gyms.

Baseballs & Softballs

The following is a list of the various softball/baseballs and their usage. See the last page of this document for examples of each type of ball.

Ball	Allowed Use
Regulation Baseball	Not Allowed
Regulation Softball	Not Allowed
Reduced Injury Factor (RIF) Baseball	<ul style="list-style-type: none"> • Hitting off tee directly into hitting net. • Fielding – Thrown fly balls & coach batted ground ball. • Throwing
Reduced Injury Factor (RIF) Softball	<ul style="list-style-type: none"> • Hitting off tee directly into hitting net. • Fielding – Thrown fly balls & coach batted ground balls. • Throwing
Lite Flight Baseball (or equivalent)	<ul style="list-style-type: none"> • Open Hitting – Coach pitch or machine pitch. • Fielding – Thrown fly balls & coach batted ground balls. • Throwing
Lite Flight Softball (or equivalent)	<ul style="list-style-type: none"> • Open Hitting – Coach pitch or machine pitch. • Fielding – Thrown fly balls & coach batted ground balls. • Throwing
Hollow Plastic Practice Ball (wiffle)	<ul style="list-style-type: none"> • Open Hitting – Coach pitch or machine pitch. • Fielding – Thrown fly balls & coach batted ground balls. • Throwing

Hitting

- Open hitting is only allowed in the gyms when using Lite Flight type baseballs/softballs (or equivalent) or hollow plastic practice balls (or equivalent). This applies to coach or player clinics, indoor practices, and preseason tryouts.
- Hitting in a batting cage, including the Bacon Academy Gym batting cage, is allowed when using RIF balls, Lite Flight balls, plastic practice balls or their equivalent
- Hitting into a batting net or equivalent is allowed only when using a hitting tee and only with RIF balls, Lite Flight balls, and plastic practice balls.

- A pitching machine is permitted but only with the use of Lite Flight balls or plastic practice balls. A rug or mat must be placed under the pitching machine to protect the floor.
- A rug or mat must be put down to protect the floor from dropped bats and helmets.
- All players must wear helmets in the designated hitting area.

Fielding

- All fielding drills and instruction must be conducted using RIF balls, Lite Flight balls, or plastic practice balls.
- No fielding drills should purposely use the walls of the gym as part of the drill or instruction.
- Mats should be used under catchers so shin-guards do not scratch the gym floor.

Cleats

- Neither metal nor molded cleats should be used in any gym.
- Only sneakers should be used in the gyms.

Gym Damage

- If any damage does occur during league usage, please report it immediately to the CBSL League Scheduler or Executive Operating Board (EOB) member so that we can proactively report it to the school and accept responsibility for repair.

Penalty for Violation of this Policy:

Any manager or coach found in a gym not meeting these guidelines will be subject to disciplinary action including at least the loss any remaining indoor practices for the current season and any future seasons he may be selected as a manager or coach. Managers and coaches need to take responsibility for their players' behavior as well.

Ball Examples

	Plastic Practice Ball	
	Lite Flight Practice Baseball	
	Lite Flight Practice Softball	
	Reduced Injury Factor (RIF) Baseball	
	Reduced Injury Factor (RIF) Softball	

Pitching Machine Example

Atec Rookie Pitching Machine

