



Minor League Regular Season Coach Guidelines

Southampton Little League's baseball program follows the *Official Regulations and Rules for All Divisions of Little League Baseball*. We expect that all coaches will thoroughly review the rule book for a complete listing of all Little League Rules. Listed below are exceptions along with standards by which all Minor League coaches in Southampton LL should operate:

- **Strike zone:** We want our players to swing the bat. Walk-a-thons are boring for everyone involved, teach the kids nothing about baseball, and are quite easy to achieve if batters are not strongly encouraged to swing the bat. Coaches will not give positive (nor negative) feedback about walks. They will try not to acknowledge them at all. Coaches will teach that if a player can maintain a balanced swing and hit the ball to do so. Teaching how to lay off pitches will come in the Majors.
- **Slaughter Rule:** All games will have a maximum five runs per inning rule
- **Stealing Home:** Stealing home is not allowed (the player on third must be hit home, forced home on walk or HPB).
- **Bench Selection:** Home team uses 1st base bench, visiting team uses 3rd base bench.
- **Field preparation:** The home team prepares the field.
- **Pre Game Warm Ups:** The visiting team gets the field for warm ups (hitting BP/fielding) from 35 minutes before game time until 20 minutes before game. The home team gets it from 20 minutes before game time until 5 minutes before game time.
- **Prepare for ½ inning:** During games players must run to and from their positions from dugout, not walk. Players will be ready to take the field immediately after their team's at bat (focus on catcher). The team coming up to bat will do so promptly.
- **Between Innings on defense:** 2 ground balls from 1st baseman to each infielder, simultaneously outfielders throwing (L-C-R-C-L-etc). When 2 ground balls each to infielders are done 1st baseman yells "balls in!" and 1st baseman and outfielder throw balls to dugout. At this time catcher takes next throw from pitcher, throws to second, who throws back to pitcher to begin ½ inning. Little League states that 1 minute between innings is the goal (from last out to batter up). Pitchers generally have 6-8 warm up pitches in this time. IT IS THE MANAGER'S RESPONSIBILITY TO MAKE CHANGEOVERS 1 MINUTE!!! If your routine lasts longer than a minute....shorten it.
- **During Innings:** Teach pitchers to get to the mound ASAP and into the stretch position ready to pitch. Batters should be back in box ready ASAP. Catcher must get the ball back to pitcher with direct & accurate throws and get back down ASAP. Catchers should not take off mask unless attempting to catch a pop up. Basically, if the game waits on your team there is a problem with your tempo and you need to speed it up.
- **Playing Time & In Game Substitutions:** We will use a continuous batting order for all games. This allows for unlimited defensive changes during the game. However, a pitcher may not reenter a game as a pitcher.
- **Manager and Assistants:** During defense assistants should be assigned to outfield & infield, while manager focuses on pitcher/catcher. On offense assistants should be base coaches while the manager keeps score and manages substitutions.



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- **Darkness or Inclement Weather:** Prior to the start of the game, it is the home team manager's decision to play, delay, or postpone. As a matter of courtesy, the home team coach should consult with the visiting team coach, but the home team coach must decide if there is no consensus reached by the coaches. Home team coach has responsibility to timely notify the scheduled umpire(s), the visiting team coach and the league administrator. Once the game has started, it is the umpire's call. The statistics tell us that the majority of serious baseball accidents are caused by poor visibility. Accordingly, the umpires do not have to follow the time guideline if they think it is too dark to play, even before the curfew. Regarding lightning, if any lightning is seen by anyone at the playing field, it should be immediately reported to the umpire and play halted. Both teams should retreat to cars (not under trees) for a twenty minute delay. Again, it is the umpire's call as to whether or not to resume play. Please be cautious and support the umpire's decisions.
- **Pitching:** All pitchers will pitch from the stretch, and no curveballs are allowed.
- **Umpires:** You should explain the expanded strike zone to your players and the need to be aggressive hitters. Finally, head coaches should ensure that they respect the umpires and teach their players to respect the calls of the umpire. This is a developmental league for players and umpires; players must learn to abide by the umpire's call and demonstrate good sportsmanship. Head coaches must also not allow complaints from their staff, players or fans. You should be getting a check from the league to cover the costs of umpires. Home team pays for the umpire. Keep track of your umpire expenses incurred during the year so you can settle-up any additional amount owed or money that needs to be returned.
- **Practices:** Please be certain to schedule a minimum of one independent practice each week. This is in addition to your scheduled games. Coaches should develop a practice plan in advance, and are encouraged to use a consistent structure for every practice. Be creative, and refer to the Coaches Handbook for tips.
- **Posting Scores & Pitch Counts:** The head coach (or designated assistant) of winning team is responsible for posting scores on the same day games is played. Pitch counts for all pitchers must be entered by each team's coach, as well as any other statistics each coach wants to compile for their own use. Wins & losses, as well as pitch counts will be public, other individual statistics will not.
 - Go to www.syaabaseball.com and click on the Admin button at the top of the home page. Type in your name and the Manager's Password which will be given to you before the season began.
 - Then click on the Team button, pull up your team.
 - Click on the Results button on the left-hand tab of the team page. You will see an edit box next to the game which was played. Click on this.
 - Enter the score. Runs. Hit submit when done.
 - Then click on the Summation sign next to the score of the game you want to enter pitch counts for. At this screen, click on the Pitching tab. When this comes up you will see the roster listed for the team and then you enter the pitches thrown under the pitches column. Hit Submit.
 - Then click on roster or another function button to go out of this function.