

CYA Little League



2019 Spring Season
Managers and Coaches Meeting

Welcome



- Thank you for volunteering your time!
- Thank you for making an impact on the lives of your players!

2019 CYA Little League



- We are one League, no longer divided into National and American Leagues
- CYA Little League is chartered with Little League International; we must abide by Little League Rules
- All players must reside or attend school within the official boundaries



Calendar

- March 2: Assessments
- March 4 – 6: Player Drafts
- March 16: Fields open (Practices can begin)
- April 1: Games begin
- April 6: Opening day
- April 13: Games will be scheduled
- April 15 – 21: No games, Spring Break. Practices can be scheduled
- May 1 – 10: Registration for Tournament Teams (Managers)
- May 1 – 21: Registration for Tournament Teams (Players)
- May 11: Picture Day
- May 13 - 18: Playoffs start
- May 15: Tournament Team Managers Announced
- May 26 – 28: No games, Memorial Day weekend (AA, AAA possibly on Mon)
- June 1: Championship games
- June 1: Tournament Teams announced
- June 1 – 30: Tournament Team practices, games TBD



Documents

- Documents tab on www.cyall.org
- CYA Little League Policies, Procedures, Guidelines, and Local Rules
- ASAP (Safety Plan)
- FAQ
- List of Coaching Resources
- Codes of Conduct
- Field Maintenance Guide (discussed immediately after opening day)
- Common Situations and Rules for Managers
- This presentation



Managers/Coaches

- You are the face of the league
- Coaches are defined by how they treat the players and honor the game (player focused)
- Focus on skill development & having fun instead of winning games.
- Highlight effort, not just results
- Let them fail, but provide guidance
- Treat your child just like any other player

What are your goals for the season?

Players/Parents/Managers/Coaches



- Codes of Conduct
 - All manager and coaches are required to sign
 - Parent and Player versions on CYA LL web site
- Treat umpires with respect
 - No yelling or criticism
 - Only managers/coaches can discuss a rule interpretation, not a judgment call

Parents



- Read the Matheny Manifesto (www.mikematheny.com)
- Let the coaches do the coaching
- Cheer for the whole team
- Help out when asked (please!!!)
- Make sure your player is at the field on time, and someone is there to take home



Get Help

- Assistant Coaches
 - As many as you can
- Grounds Crew
 - Before & after games, after practices
- Team Parent
- Snack Shack Coordinator
 - Snack Shack Volunteers
- Umpire (as needed)
- Photographer



Safety

- ASAP – under documents
- Background checks
 - All volunteers are required to complete (check your email for an “invitation”)
- Lightning
 - Weather Bug App
 - Must leave the field and go into a car
 - Game can resume 30 minutes after last lightning strike
- First Aid Kits / Ice Packs in all Knack Boxes
- Never leave a player alone after practices or games
- Bats – pointed down unless actively hitting



Equipment

- Equipment distribution (**date TBD**)
 - Catchers gear
 - Uniforms/coaches shirts
 - Game balls
- Players should provide bats, gloves, cleats
- All bats must have USA Baseball Logo
 - 30 Inch Easton Ghost X (-10) decertified (2018)
- Protective cups mandatory for catchers
 - Recommended for everyone



Practices

- Plan, plan, plan...
- Keep the players busy by establishing multiple stations
- Give plenty of time for players to work on simply throwing and catching the ball.
- Dedicate time to developing pitchers and catchers.
- Spend time teaching base running, not playing cat and mouse games.
- Allow the players to practice sliding
- Create fun games and competition.
- Pitch batting practice on a line.



Practices

- Fields
 - Chantilly Park 1-3 (2,3 preseason only)
 - Sully Highlands 3,4 (games have priority)
 - St. Veronica's
 - Greenbriar 2,3
 - Franklin Middle School
- Scheduler will send out an email with instructions about scheduling practices



Games - Rules

- During games, at least one (and no more than three) league approved coach must remain in the dugout with the players
- Scorekeepers must record game score, pitching stats (counts and innings by pitcher)
- At the conclusion of the game, managers must agree to pitch counts by each pitcher
- Standing are not kept during the regular season (except majors), playoff pools are determined randomly



Game Conduct

- Highlight effort, not just results
- All players must remain in the dugout, on the field of play, or in the bullpen (warming up)
 - Restroom visits require a parent escort
 - No food in dugouts
 - No on-deck
- Players should be ready to take the field
 - Catcher should have gear on, with backup designated
 - Bench player to warm up outfielder



Game Participation

- Encourage all players to pitch and catch
- Spread out infield playing time for all players
 - Everyone should have at least 2 innings in the infield each game
- Spread out playing time for all players over the course of the season
- Mix up the batting order
- Players (with helmet on) can occupy first and third base coaches boxes



Pitching Rules

- Maximum pitch counts per day by age
 - League age 7 - 8: 50 pitches per day
 - League age 9 - 10: 75 pitches per day
 - League age 11 - 12: 85 pitches per day
 - **Players should be limited to approximately 35 pitches for the first couple weeks of the season**
- Maximum innings pitched per day by level
 - AA: 2 innings
 - AAA: 3 innings
 - Majors: no limit
- Managers must report pitch counts after each game
- A player that has played the position of catcher for parts of 4 or more innings may not pitch that day
- Once removed from the pitcher position, a player may not return as a pitcher for the remainder of the day
- No light colored undershirts



Pitching Rules (Cont.)

- Days of rest required (House and Travel)
 - 1-20 pitches: 0 calendar days
 - 21-35 pitches: 1 calendar day
 - 36-50 pitches: 2 calendar days
 - 51-65 pitches: 3 calendar days
 - 66+ pitches: 4 calendar days
- Pitchers may exceed all thresholds to complete a batter, days of rest and catching eligibility based on threshold



Catching Rules

- A player that has thrown 41 or more pitches OR a player that has played the position of catcher then has thrown 21 or more pitches may not play the position of catcher for the remainder of the day.
- Maximum innings caught per week (Sun – Sat), travel games do NOT count towards the maximum
 - AA: 6 innings
 - AAA: 8 innings
 - Majors: no limit



Other Rules

- Follow the rules – there are no “gentlemen’s agreements”
- All-bat continuous batting order
- Infield fly rule in effect
- No player has a bat in their hand (except batter)
- Only players may warm up pitchers (with mask)
- One minute between innings
- During fielding (infield/outfield) practice, player catching balls near a bat must wear a helmet with a mask



AA rules

- 2 hour 10 minutes hard stop from scheduled start time
- 4 run limit for innings 1-5, unlimited for 6th inning
- No bunting
- No walks – coach finishes at-bat after 4 balls
- No player sits out 2 innings before all players have sat 1 inning
- Stealing of 2nd and 3rd permitted, maximum of 1 base per pitch
 - Not allowed on catcher's return throw to the pitcher



AAA rules

- 2 hour 10 minutes hard stop from scheduled start time
- 5 run limit for innings 1-5, unlimited for 6th inning
- Bunting permitted
- No player sits out 2 innings before all players have sat for 1 inning
- Stealing permitted
- Intentional walks allowed



Majors rules

- No time limit
- No run limit
- Bunting permitted
- Players must play a minimum of 6 consecutive out in the field, and a minimum of 9 for the game
- Stealing permitted
- Intentional walks allowed
- Dropped 3rd strike in effect



Pre-game Schedule

- Warm ups

2 Games/2 Cages	Minutes Before Scheduled Game Start		
	50	30	10
Chantilly Park & Sully Highlands			
CP2/SH3 Field	Visitor	Home	All Teams in Dugouts Field Prep
CP3/SH4 Field	Visitor	Home	
Cage 1 (Front)	CP2/SH3 Home	CP2/SH3 Visitor	
Cage 2 (Back)	CP3/SH4 Home	CP3/SH4 Visitor	

3 Games/2 Cages	Minutes Before Scheduled Game Start			
	55	40	25	10
Chantilly Park				
CP1 Field	Visitor	Home	Field Prep Bullpen O/F Warmups	All Teams in Dugouts Field Prep
CP2 Field	Visitor	Home		
CP3 Field	Visitor	Home		
Cage 1 (Front)	CP2 Home	CP2 Visitor	CP1 Visitor	
Cage 2 (Back)	CP3 Home	CP3 Visitor	CP1 Home	



Pre-game Schedule

- 10 minutes – Manager conference (invite a player)
 - Exchange lineups, to include ineligible pitchers
 - Introduce the umpire to the spectators
 - Home team provides 2 (AA, AAA-SH) or 3 (AAA-CP, Majors) new baseballs
- 5 minutes – Little League Pledge
 - Teams line up on base paths
 - One player from each team leads from the mound
- 0 minutes – Play Ball!
 - Start on time



Post Game

- Shake hand of opposing team's players and coaches, and of the umpires
- Rake (with the lines) and drag the field, remove trash from dugouts, fields, spectator areas
- Record game results (pitch counts, innings pitched and innings caught) the day of the game



Coaching Resources

- Positive Coaching Alliance (www.positivecoach.org)
- Little League Coaching Resource (www.littleleague.org/coaches)
 - Drills & 12 week practice plans
- USA Baseball (www.usabaseball.com)
- Coach Baseball Right (www.coachbaseballright.com)
- Google
- YouTube



Board Members

- President – Rob Fitzhugh
- Vice President, Frank Nava
- Vice President & Director of Fundraising/Sponsorships, Rick Anderson
- Player Agent – Mike Edwards
- Secretary / Scheduler – Tom Phillips
- Treasurer – Ed Sammler
- Safety Officer – John Lesch
- Umpire in Chief – Tom DeFranco
- Coach Coordinator – Jay Rose
- Equipment Manager – David Johnston
- Single A Coordinator – Sean Collins
- Coach Pitch/Tee Ball Coordinator – Scott Dowling
- Director of Field Maintenance – Carmen Giannini
- Information Officer – Chuck Ament
- At Large – Dave Wells

Common Situations & Rules





Fair/Foul

- If the field is lined, the line is used to judge if a ball is fair or foul – it doesn't matter if the line is straight or crooked, goes around or through the base, the line is "official."
- Whether or not there is a line, the umpire decides whether a ball is fair or foul.
- The line itself is in fair territory, any part of a ball touching the line is considered fair.
- Please line the fields to aid your players and the umpires in the conduct of the game



Running Out of the Baseline

- This is perhaps the most misunderstood rule in baseball. Simply put, a runner cannot run more than three feet away from his/her baseline to avoid being tagged unless they are avoiding interference with a fielder fielding a batted ball. If this occurs, a runner should be called out.
- *A runner's baseline is only established when a tag attempt occurs and is a straight line from the runner to the base to which he/she is attempting to reach.*
- If, in running to a base, a tag attempt is *not* made on the runner, there is no baseline established. The runner can run to the outfield fence and back if they so wish. A practical example of this is when a runner is rounding a base, they often stray more than three feet away from the line connecting the two bases.
- This rule is fully explained in Rule 7.08(a) (1) of the Little League Rules and Regulations.



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Runners Lane Violation

- The runner's lane is defined as a three foot wide lane outside of (to the right of) the first base line. The runner's lane starts half way down the first base line and extends to the back of first base. The lines marking the lane are considered part of the lane and the batter-runner is required to have both feet within the lane or on the lines marking the lane.
- If, when running the last half of the distance to first base, while the ball is being fielded to first base, the batter-runner runs outside (to the right of) the three-foot lane, or inside (to the left of) the first base line, *and in the umpire's judgment in so doing interferes with the fielder taking the throw at first base*, the ball is declared dead and batter is out.
- There is an exception to this rule – the batter-runner may run outside (to the right of) the three foot lane or inside (to the left of) the first base line to avoid a fielder attempting to field a batted ball. Additionally, the batter-runner is permitted to exit the three-foot lane by means of a step, stride, reach or slide in the immediate vicinity of first base for the sole purpose of touching first base.
- This rule is fully explained in Rule 6.09(j) of the Little League Rules and Regulations.



Hit By Pitch

- A batter that is hit by a pitch is entitled to first base. A batter can be hit by a pitch even if a ball first bounces in the dirt and then hits the batter. A pitch touching any part of the batter, including just grazing the uniform, constitutes a hit by pitch.
- There are some exceptions, however:
 - If the batter swings, it is a strike and not a Hit By Pitch;
 - The ball is in the strike zone when it touches the batter; or
 - The batter makes no attempt to avoid being touched by the ball.
- If the batter is hit on the hands and the batters hands are not in the strike zone, it is a hit by pitch. The hands are not part of the bat!



Illegal Pitch and Quick Pitch

- Per the Little League rulebook, An Illegal Pitch is (1) a pitch delivered to the batter when the pitcher does not have the pivot foot in contact with the pitcher's plate; (2) a quick return pitch, or (3) any other act meeting the criteria established in Rule 8.05.
- An illegal pitch in Little League is similar to a balk when base leads are allowed. There are a number of situations where an illegal pitch may be called. The most common situation is when there are runner(s) on base and a pitcher starts and stops his/her pitching motion. In this situation, the umpire should call "Time" and call an Illegal Pitch – a ball is then added the count.
- Some other examples of an illegal pitch that you may come across in the course of a game when runners are on base (and a ball is added to the count) are:
 - Feinting a throw to first base from the pitchers plate (also known as the rubber) and not completing the throw;
 - While touching the pitcher's plate, failing to step directly towards a base when throwing to a base;
 - While touching the pitcher's plate, throwing or feinting a throw to an unoccupied base (except for the purpose of making a play); and
 - The pitcher, while touching the pitcher's plate, accidentally or intentionally, drops the ball.
- With or without Runners on Base
- There are some instances where an illegal pitch results in a ball added to the count whether or not there are runners on base:
 - A quick pitch; or
 - The pitcher makes a pitching motion without his/her foot on the pitcher's plate.
- Umpires will judge a quick pitch as one delivered before the batter is reasonably set in the batter's box.
- Rule 8.05 of the Little League Rules and Regulations explains in great detail of other examples of an illegal pitch and the resultant penalty.



Pitching Signs

- Pitchers may disengage the pitcher's plate after taking their signs but may **not** step quickly onto the pitcher's plate and pitch. This may be judged a quick pitch by the umpire. When the pitcher disengages the pitcher's plate, he/she must drop the hands to the sides.
- The pitcher may take signs from the manager or coach while on the pitchers plate as long as he/she does not "unnecessarily delay" the game. This is also to prevent the pitcher from throwing a "Quick Pitch" by taking the sign while off the pitchers plate and quickly walking through the pitching motion and it also allows any base runners to be able to pick up where the ball is located.
- CYA has implemented a Local Rule (Rule 13.13(2)) regarding the calling of pitches by a manager or coach - ***The pitch must be called/signaled into the catcher for relaying to the pitcher.*** This allows the catcher to know what pitch is coming.



“Must Slide” Rule

- There is **no** “must slide” rule in Little League.
- **“Must Slide” Rule (LL Rule 7.08)**
- This is probably the single most misunderstood and misapplied rule in Little League. There are a multitude of variations of the “must slide” myth. “The runner must always slide at home.” “The runner must slide if the defense is making a play on him.” “The runner must slide once he’s been put out during a double play attempt.”
- Rule 7.08 states “When the fielder has the ball and is waiting to make the tag, the runner has two options: 1. Slide; or 2. Attempt to get around the fielder. The runner must not deliberately or maliciously contact the fielder, but he is **NOT** required to slide.
- The runner has two options — he or she may slide, or he or she may attempt to get around the fielder. The choice is up to the runner. Second, notice that the rule says that, if the runner does not elect to slide, that he or she must attempt to get around the fielder. It does not say that the runner must not contact the fielder. Consider a common play:
- The catcher is standing just off the line as the runner approaches. The catcher fields the ball, and starts to step across the line to tag the runner. The runner swerves to his right, trying to avoid the catcher, but the catcher continues his motion toward the runner, and the two collide.
- The fact that contact occurred does not mean that the runner is automatically out. In this situation, by swerving, the runner satisfied the rule — he or she attempted to get around the fielder. Of course, if the runner goes more than three feet to either side attempting to avoid a tag, then he or she can be called out under Rule 7.08(a)(1), but that is another matter entirely.
- Finally, read the last half of the rule again. For this paragraph to even apply, the fielder must have the ball and be waiting to make the tag. Thus, for example, if the runner arrives just as the ball is hitting the catcher’s glove, this rule probably doesn’t apply either. Only once the catcher is in position to make the tag does the runner acquire the obligation to slide or attempt to avoid. In fact, if contact occurs before the fielder has the ball, then the fielder is probably guilty of obstruction.
- The first part bears emphasizing:
 - There is no "must slide" rule.
 - There is no "must slide" rule.
 - There is no "must slide" rule.



Catcher's Interference

- If you're behind the plate, you're bound to come across Catcher's Interference. Catcher's Interference is just what it sounds like – the catcher has interfered with the batter's ability to hit the ball.
- How do you know when to call Catcher's Interference? Make sure the batter is in the box, and if the batter swings and the bat hits the catcher's glove, then it's Catcher's Interference. This usually occurs when the catcher reaching for a pitched ball or is playing up to close to the plate. His/her glove is hit with the bat as the batter swings.
- When Catcher's Interference occurs, one of two calls can occur:
 - If the ball is not put in play, i.e. hit fair, the play becomes dead ("Time" is called), the plate umpire announces "I have catcher's interference" and the runner is awarded first base and all runners forced to advance.
 - If the ball is hit in play, there is now a "delayed dead ball", meaning that the umpire allows the play to continue until a point where no further action is possible and *then* calls "time" and enforce such penalties or awards, as required.
 - What's important in the situation described in the second bullet, above, is that if the ball is put in play following the interference:
- If at least one runner is on base at the time of the interference, the plate umpire asks the offensive manager, after informing him/her of the interference, that they have the option to accept the play as is or the result of interference.
- If no one on and batter achieves a base, any base, no interference is called.



Leaving a Base Early

- So when can a baserunner leave the bag? It's all in the rule: "When a pitcher is in contact with the pitcher's plate AND in possession of the ball AND the catcher is in the catcher's box READY TO RECEIVE delivery of the ball, base runners shall not leave their bases until the ball has been delivered and has REACHED THE BATTER." Well coached baserunners know how to time their departure, do NOT nitpick this call, it must be an obvious leaving early!!
- "Ready to receive" means the catcher must have his equipment on (including his helmet) and be in the catcher's box facing the pitcher. He does NOT have to be squatting. The batter does not have to be in the batter's box. Because the batter may not be in the box, the catcher is not required to squat.
- "Reached the batter" means literally that. If the batter is standing in the front of the box the pitch reaches him at a different time than when he is standing in the back of the box. It is NOT when the pitch crosses the plate or when the catcher catches the pitched ball.
- As a field umpire, you signal the runner leaving the base early by dropping a red flag on the field. There's no need to throw it like an NFL Official, just dropping the flag signals that a runner has left early. Do not announce that a runner has left early, let the play develop.
- If the ball is not hit and put in play, look for the runner to return to the base when the pitcher takes the mound for the next pitch. If they do return, pick up the flag and put it back in your pocket. If they do not, call "TIME," loudly announce "RUNNER LEFT EARLY" and place the runner(s) back to their starting positions. **What's important is that if one runner is guilty of leaving the base early, all runners are all guilty and must return to their original bases.**
- If a runner is taking a lead before the pitcher steps back on the rubber, he/she may either 1) attempt to advance to the next base (stealing) or 2) return to the base. Once the pitcher is on the rubber, the runner cannot "dance" around off the base, the runner must advance or return to the base.
- If a batter walks and continues to run to second base while the pitcher is on the mound, as long as the batter is making one continuous movement to advance past first base, he/she is not frozen by the action of the pitcher and/or catcher. The batter/runner may continue on to second base and the pitcher has the option to make a play on the batter (throw he/she out) or disregard the advancement of the batter/runner and allow the base to be stolen.
- What if the ball was hit?
- If a runner or runners are forced to advance and have left early and the batter gets a "clean" hit, no penalty is imposed. A "clean" hit means it was a single, double or triple in the umpire's judgment. However, if the ball was hit and there was an error or an advance on the throw, the batter should be sent back to the appropriate base as a result of the error or overthrow and all runners must go back to the bases they originally held or the one nearest the batter. Any time a base becomes available after a hit, runners must be sent back.
- To try and simplify this:
 - 1. As an umpire, you move the batter-runner back to where you judge the value of the clean hit. Any advance made by him, beyond his scored hit, is nullified.
 - 2. Place all runners back on their original bases whenever possible. Put them as close as possible to the batter-runner after placing the batter-runner at the base judged to be the clean hit.
 - 3. If any bases become empty due to any runner or the batter-runner being put out, return the runners to those bases. For example, runners on first and third, runner on first leaves early, flag is thrown, batter gets to first, play stops. The runner that was on first gets second and the runner on third, even if he scored, gets returned to third, since its unoccupied.
- So in conclusion, leaving early is the field umpire's call and is enforced first by dropping the flag and then, if necessary, calling "time" and placing the runners as appropriate.

Proper Appeals





Proper Appeals

- An **appeal** is simply a process by which the defense may *challenge* a call on the field.
- Appeals must be made by a defensive player, NOT a coach or manager. The coach or manager can verbally tell his defense to make the appeal, but it must be executed properly by the players.
- The nature of the appeal must be unmistakable, i.e. clear to the umpire what/who is being appealed.
- Also note that once a subsequent play of any kind occurs, the defense forfeits its rights to appeal the preceding play.
- Appeals must also be made with the ball in play.
- Appeal situations are limited to check swings; leaving the bag early on a tag up after a caught fly ball and a runner not touching a base when advancing.



Check Swing

- The most common appeal situation is the ‘check’ swing where the plate umpire judges the batter did not make an attempt to hit a ball out of the strike zone despite the bat moving forward, ruling a ‘BALL’.
- Appealing this call only be done when there is a base ump.
- The proper way to make the appeal is to have the catcher ask the plate ump: “did he go?”.
- It is then up to the plate ump to ask for help.
- In some cases, the plate ump may NOT request help, particularly if it is felt that the attempt wasn’t even close.
- **Coaches tip:** make sure you have and practice a system to alert your catchers to appeal an attempted swing



Runner Leaving Early, Fly Ball

- Another appeal situation involves a runner tagging up on a caught fly ball.
- By rule a runner cannot advance on a caught fly ball until it touches a fielder.
- Umpires are trained to be on the lookout for this. A runner that violates the rule is in jeopardy of being called out, on appeal.
- The appeal can be made by a simple throw to the base in question by the fielders, or after the play, by making a clearly announced 'runner X left base Y early' and either tagging the runner in question with the ball or throwing the ball to a fielder to touch the base in question, but it must be announced what is being appealed.
- **Coaches tips:** practice having your players announce an appeal. "*Runner X on base Y left early*".
 - If you need to, take a defensive time out to coach them prior to making the appeal. Train your infielders and catcher to watch for the early departure as well. Note that an umpire working solo may not be able to see all runners, if more than one, at the time of the catch and is trained to focus on the lead runner. If an umpire does not see a play, they will NOT rule against the runner on appeal, just a practical matter.



Runner Misses Base

- A runner is required to touch the bases in order both advancing and retreating, failure to do so puts the runner in jeopardy of being called out on appeal.
- To appeal a runner for missing a base, the runner or base missed must be tagged, after the intent of the appeal is announced, "*runner X missed base Y*".
- Umpires assume runners have touched the base for sake of a timing play, even at first.
- **Coaches tips:** most games involve several missed bases. Train your infielders to be on the lookout, without obstructing, or announcing it. Catchers are in good position to see a lot.
- Alerting the runners many times results in their quick fix of the problem. Practice appealing a runner for missing a base