Bridgewater Baseball (BBSI)

Major 5th (50/70) Rulebook

2018 Season
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# Contacts

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<thead>
<tr>
<th>League</th>
<th>Name</th>
<th>Email / tel #</th>
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<tbody>
<tr>
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<tr>
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<td>Middle League Chair</td>
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<td>Upper League Chair</td>
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<td>President, BBSI</td>
<td>Tom Cannizzo</td>
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Important

- Medical Release forms and Code of Conduct forms will be handed out during the first practice and collected at the second practice. Managers must have these with them at all times.
- Managers should also carry a complete contact list of players, parents, managers and coaches as well as Major 5th and Minor League commissioners.
- Make sure that you have a first aid kit with you at all times. Always make sure you have ice packs.
- Please keep a record of injuries by submitting an accident report to the commissioner of the league.

*Please be patient with players and parents.*

*Please teach the kids how to play correctly.*

*Please encourage good sportsmanship.*

*THANK YOU for volunteering your time to be a volunteer coach!"
Welcome

Welcome to Bridgewater Baseball and Softball! We are extremely thankful to you for volunteering your time to support the league and the players. It should be a rewarding experience for coaches, players and parents.

Bridgewater Recreation teams are formed by the commissioner based on player’s school, skill level, and requests in order to create balanced competitive teams. We also have teams from out-of-town that play in the recreation division which are projected to compete at roughly the same level as the Bridgewater Recreation teams.

**The Major League for 5th graders** continues from Minor League as an instructional/competitive league where the primary goal for the season is to continue to teach advanced baseball fundamentals (pitching, batting, balls, strikes, stealing, throwing, catching and being a good teammate).

Standings are kept during the regular season and will include Playoffs and a Championship game.
Cal Ripken Rule Updates for 2018

- **Number of coaching staff** – 1 manager + 3 coaches per team for all divisions of Babe Ruth League Inc.
- **Approved Bats** – Must use non-wood bats that have the USABat marking.

### Babe Ruth League Bat Rules

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<tr>
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<th>2017</th>
<th>2018</th>
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<tr>
<td>T-Ball</td>
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<td>USA Baseball T-Ball Stamp</td>
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<td>Cal-Ripken Baseball</td>
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<td>USA Baseball Marking 2.5/8&quot; Barrel Maximum NO BBCOR BATS</td>
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<td>Babe Ruth Baseball 13-15</td>
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<td>USA Baseball Marking or BBCOR, 50 2.5/8&quot; Barrel</td>
</tr>
<tr>
<td>Babe Ruth Baseball 16-18</td>
<td>All Bats Must Be BBCOR, 50 No Greater Than -3</td>
<td>All Bats Must Be BBCOR, 50 No Greater Than -3</td>
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<tr>
<td>Babe Ruth Softball</td>
<td>Marked as “Official Softball Bat” or “Official Fastpitch Bat”</td>
<td>Marked as “Official Softball Bat” or “Official Fastpitch Bat”</td>
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*Note: Solid one piece wood bats are permitted for use in all divisions and must conform to Rule 1.10. No laminated or experimental bats shall be used in a game.*

*Tampering or altering bats may violate certain federal and state laws and voids the USA Baseball certification, as well as all manufacturer warranties. Rolling is considered tampering and would void the bat’s certification and make it illegal for play.*
What’s new for 2018

- Converting from **Pitched Inning to Pitch Counts** (please refer to the Pitcher section)
- **Fair Playing Time** clarification (please refer to the Roster Rules section)
- **Roster Rules** – Clarification on the Temporary Substitution Rule (“Play Ups”)
- **Doc Version 2.4** – Rule change for 3rd base runners; please refer to the BASE RUNNING section
Manager/Coach Requirements

Each team will have a Manager and Assistant Coaches must have the following:

- Rutgers S.A.F.E.T.Y. certification
- Completed a background check (a.k.a. “blue form”) every 3 years**

**If you have completed the “KidSafe” program through the recreation department, a photocopy will suffice for the background check.

We also encourage managers and coaches to engage the help of willing parents to assist and participate in the coaching experience.

Please note that all parents wishing to help out must obtain the Rutgers S.A.F.E.T.Y. certification which will also prepare them for future involvement in all Bridgewater sports.

It is recommended that all coaches attend the coaching clinics run by the league.

In addition, parents can be helpful in creating and maintaining a positive season by helping the Manager organize snack schedules, information flow, and team events.

**It is important to re-emphasize that any individual who participates in any on-field activities at games or practices MUST have be Rutgers S.A.F.E.T.Y certified. No one may step onto the field without this certification. It is the manager’s responsibility to assure that all persons who assist are certified.**

After each game, the winning rec manager will post the score on the website (www.leaguelineup.com/bridgewater) within 24 hours

Both rec and tournament managers must email their pitchers + pitch counts to the commissioner every Saturday (rec) or Sunday (tournament) evening.
Schedule

1. Regulation game will be 6 innings (pending time, weather and darkness).
2. Game is official after (4) innings or after 3 ½ innings if the home team is ahead.
3. Games are played on Wednesdays and Saturdays.
5. Fall Season: Major (5th) League begins the second week of September. Generally, there are no practices.
6. All weeknight game start times will be 6:00 and 8:00 pm.
7. Weeknight games:
   - No inning may start after 1 hour and 45 minutes from the start time of the game with a hard stop at 2 hours from the start time of the game.
8. Weekend games:
   - No inning may start after 2 hours from the start time of the game with a hard stop at 2 hours 15 minutes from the start time of the game (unless there is another game scheduled. In that case a hard stop will be 2 hours from the start of the game)
9. When a game does not finish to its natural completion (i.e. umpire calls the game due to darkness), but has reached the point to qualify as an official game, the final score will be determined by reverting back to the score as of the last full inning.
10. A manager or coach (preferably both) should be at the field at 15 minutes prior to game time to greet their players and get organized for the evening.
11. Parents should be instructed to have their children at the field approximately 5-10 minutes before the scheduled time. They should be instructed not to leave the field during the practice/game.
General Rules
Except as otherwise noted, **we will follow the most current Cal Ripken rules and regulations.** All managers and coaches should be familiar with these rules.

1. There should be no more than 4 coaching staff in the dugout during games.
2. Standings will be kept during the season.
3. One umpire will be used during the regular season. This umpire will be carded.
4. The game umpire will keep the official time.
5. The **10-run rule after 4 ½ innings** will be enforced unless both managers consent to continue playing.
6. During regular season, an inning is 5 runs or 3 outs, whichever occurs first; unlimited runs for the trailing team in the last available inning (both regular and playoff games); time limit still applies to regular season games;
7. During playoffs, there are no run restrictions
8. The umpire will decide when it is too dark to continue to play. If the umpire calls the game due to darkness, and the game is already official, the score will revert back to the last complete inning and the game is over. If it is not an official game, the commissioner will schedule the game to be resumed.
9. One team member (player) may coach either 1<sup>st</sup> or 3<sup>rd</sup> base, unless both managers agree otherwise. The player MUST wear a helmet.
10. No one other than players and coaches should be in the bench area.
11. Each manager will provide **one game ball each** to the home plate umpire before the game.
12. There is no eating during a practice or game. Drinks are okay. Snacks and drinks can be consumed at the end of the evening.
Rules of Conduct

1. All managers, coaches, and other volunteers must read, and abide with the Bridgewater Baseball Code of Conduct for managers and coaches at all times.

2. It is the responsibility of the manager to maintain proper decorum and behavior among the parents of the players as well as the players and coaches on his team.

3. Any abuse directed at a player or umpire by anyone involved with the team is ultimately the responsibility of the manager.

4. Only the Manager is allowed to discuss a call with an umpire. Clarifications of calls or rules are the only things that may be discussed with an umpire. The umpiring calls may not be disputed.
   a. Any discussion with an umpire should be done when the ball is dead and be done face to face in a civil and non-threatening manner. Remember that this is an instructional league. The umpires are learning too.
   b. If an umpire makes an incorrect call, it is your obligation to teach the umpire just as you would a player. Any abuse of an umpire by a manager or coach will result in immediate removal from his or her coaching duties.
   c. Managers should notify the Umpire Coordinator if there is a very good or very poor umpire, so he can properly evaluate his talent pool.

5. Coaches or any other team assistants not coaching 1st or 3rd base must stay in the bench area.
6. Regular season games may not be protested. Playoff games may be protested in accordance with official Cal Ripken Baseball rules.
   a. The umpire must be notified immediately and before any succeeding play begins. A written protest must be filed with the Commissioner within 24 hours. The umpire must also submit a written report to the Umpiring Coordinator within 24 hours.
   b. Good sportsmanship dictates that every effort must be made to resolve the dispute at the time it occurs.

7. Instances of unacceptable behavior should be addressed by the manager immediately and reported to the commissioner for follow-up.

8. Coaches or any other team assistants not coaching first base or third base must stay in the bench area.

9. The use of alcohol, tobacco, or foul language on or around the playing field is not allowed and will not be tolerated.

*** Manager/Coaches – Important ***

This is a game for the kids. We are volunteers here to support the kids. Let’s be patient. Mistakes will be made. Let’s set a good example for the kids on how we handle them. Encourage good sportsmanship and be positive.

Report any incidents to your commissioner immediately. They will be recorded and reviewed by the Board to see if necessary action needs to be taken during the season.

Any major incidents will be taken into consideration upon applying to manage or coach for the following season.
Roster Rules

Each team must have minimum of (8) players on the field at all times during the game. If a manager knows ahead of time that he will not be able to field a team of at least 8 players, then:

a. **Spring Season**: The manager should request a temporary substitution player (Play-up) from the Minors League (see below – Temporary Substitution Rule).

b. **Fall Season**: The manager should contact the other manager he is playing to determine what should be done.

FAIR PLAYING TIME RULE

No player may sit two innings until every player has sat one complete inning.

a. The intent of this rule is to prevent players from playing the whole game while other players sit 2-3 innings a game.

b. Except for injury, no player sits two consecutive innings.

c. No player may sit more than two innings in any game including ones which go beyond the standard 6 innings.

d. After eight innings a player may sit a third inning provided every player has sat at least two (2) innings already.

e. If there is an exception, the manager will be expected to justify it.

If a manager intends to sit a player for an entire game for disciplinary/behavioral reasons or injury, this must be declared to the umpire and to the opposing manager before the game.

a. If a **behavioral problem occurs during a game**, the player’s manager must immediately notify the opposing manager and the umpire of the benching and must notify the Commissioner that day.
a. If a **behavioral problem occurs during a practice**, the Commissioner must be told before the next game about the intent to have that player sit out the game.
b. If the **reason is disciplinary**, the player’s family and the Commissioner must be notified. Discipline problem is defined as a behavioral problem that occurs during a game or practice, and is unduly disruptive in the opinion of his manager.
c. If a player is **injured** during the course of a game and the number of players drop below eight (8), then that game shall be suspended. If a player has to leave a game for any other reason before it is completed, and the number of players drop below eight (8), then his team shall forfeit the game.

**TEMPORARY SUBSTITUTION RULE (“PLAY UP” or “CALL UPS”)**

The Minor League Commissioner will work with Minor League managers and coaches to create and maintain a list of Minor League players (and their parents) who would like to be considered for Major 5th League Play-ups.

- Called up player must be a 4th grader
- Called up player will be selected on a **rotating basis**
- Called up player will always **bat last** and **must play the entire game**, including playing **at least one inning each in the infield**
- Called up player **CANNOT pitch**
- Called up player may not replace a player after the game begins
- Called up player **may not be used during the playoffs**
- Called up player **must satisfy his commitments to his own Minor League game, Tournament game and/or practice** before accepting a call up. For example, a Minor League player should NOT miss his Tournament practice in order to participate in a Major 5th play up game. Any violation to this rule will disqualify him from future call ups.
- Major 5th and Minor League commissioners will oversee the use of substitution players to make sure equal opportunity is available to all Minor league players.
- Safety will always be the priority in field assignments
PROCEDURE TO SECURE A “PLAY UP” PLAYER FROM MINOR LEAGUE

If a Major 5th team manager knows in advance that less than nine (9) players will be available for a game, he can request a temporary substitution player from the Minor League using this procedure:

1. Manager will contact the Minor League commissioners to obtain the latest Play Up list
2. Manager will identify and contact an eligible Minor League player’s family (from the list) with the game date, time and field information
3. Repeat Step #2 until a suitable player is found
4. Once a player is found, the manager will confirm the substitution via email to the player’s family. Manager **MUST COPY** both the Major 5th and Minor League commissioners
5. Play ups will not be permitted to play if nine (9) players are present at the start of the game. They will be told ahead of time that their services may not be needed. Play ups may not replace a player after the game begins.

*Failure to follow any of these procedures may result in forfeiture of that game.*

*In addition, a disciplinary action may be taken against the offending manager and/or coaches so please follow the process outlined above!*
Batting

1. Full roster batting of all players present is required.
2. If a player shows up after the lineups have been exchanged, he shall be placed at the end of the batting lineup, regardless of where the team left off after their last at bat. Line ups should be exchanged between teams no later than five (5) minutes prior to the start of a game.
3. If a player is injured while batting and is unable to continue his turn at bat, the next player in the batting order shall assume the count of the injured player and continue that plate appearance. The batter inserted for the injured player bats only once. The rest of the players in the batting order are shifted up one spot. If the injured player is able to return during a subsequent time through the lineup, that player is reinserted to his original batting position in the lineup.
4. **Bunting is allowed, effective May 1**
   a. Slash bunting is NOT permitted
5. **Dropped third strike rule** will take effect after May 17:
   a. A batter may attempt to advance to first base if the catcher does not catch the third strike (applies when first base is unoccupied and/or when there are two outs).
   b. Runner gives up his eligibility if he leaves the three-foot path on either side of the lane.
6. If a player throws his bat after swinging or hitting the ball, it will result in a warning. The next time the player throws the bat he will be declared out. If the action is severe, the batter can be declared out and ejected from the game without a warning.
7. In accordance with Cal Ripken Baseball rules, Players may not swing a bat in the on-deck circle. The on-deck batter should have his helmet on, have his bat picked out, be standing in the designated on-deck area, and be ready to step up to the plate.
8. All players remain on the bench when their team is up.
Base Running

1. Primary and secondary leads are permitted
2. **One stolen base per batter**
3. Straight steal is permitted; delayed steal is NOT permitted
4. Stealing second or third base is permitted
5. **A runner cannot advance to the next base on an overthrow of a steal**
6. If a runner successfully reaches a base on a steal attempt and the **same batter remains** batting, the runner may only advance to the next base on a pickoff attempt to avoid being tagged out (Example: Ball reaches base before runner gets back)
   a. However, if the runner successfully reaches the next base, he will be required to safely return to the originating base
   b. This rule will allow both offense and defense players to practice rundown (and not take advantage of stealing bases)
7. **3rd base runner may only advance home on a batted ball, walk;**
8. **3rd base runner may advance to home plate on a pick off attempt to avoid being tagged out. However, if he successfully reaches the home plate, he will be required to safely return to 3rd base**
9. **Please instruct your pitchers to *not* delay the game with repeated pick off attempts at 3rd.**
10. If the fielding team continuously attempts to pickoff the runner and they are continuously unsuccessful, it may be viewed as a “delay of game tactic” for the fielding team’s advantage. In that case, the umpire may request the fielding team to use discretion or discontinue their pickoff attempts for that runner in order to avoid causing delays and to keep the game moving appropriately.
• If there is any potential play at a base, a runner must slide into the base or avoid contact (With the exception of first base).
• If the player does not slide, the player may be called out if he/she was required to slide and does not (Umpire’s judgment).
• If there is no play at the plate, the catcher cannot block the plate.
• Fielders may not simulate a play at a base in order to get a runner to slide.
• Headfirst sliding is only permitted when returning to a base.
• A player who unnecessarily or maliciously “bowls” over an opposing player may be ejected from the game or called out at the discretion of the umpire.
• Courtesy Runner - A courtesy runner may be used for the catcher with two outs.
  a. The player who made the last batted out becomes the courtesy runner.
  b. The runner who was replaced by the courtesy runner must take the field as the catcher.
Pitching

These rules are intended primarily for the safety and long-term health of the players.

**ABSOLUTELY NO DEVIATIONS SHALL BE PERMITTED.**

1. Any player on the roster may pitch. Once a pitcher has been removed he may not re-enter as a pitcher.
2. A calendar week for the purpose of Pitching Rules is defined as **Monday - Sunday**.
3. A player may pitch a **maximum of five (5) innings or 100 pitches in a calendar week**, whichever comes first:
   a. The innings limit applies to rec
   b. The pitch limit applies to rec plus travel, cumulative.
4. A player may pitch a **maximum of two (2) innings or 85 pitches in any one (1) one game**, whichever comes first:
   a. The innings limit applies to rec
   b. The pitch limit applies to rec as well as travel
5. For games played on or **before May 16**, balks will be called after the umpire warns one pitcher **twice (2x) in one game**.
6. For games played on or **after May 17**, and until the end of the regular season, balks will be called after the umpire warns one pitcher **once** in one game.
7. There will be **no balk warnings during the playoffs**.
8. Throughout the entire season, the umpire does have discretion to call a balk without prior warning when a base runner is put at a disadvantage by an obvious balk (e.g. stopping delivery after the base runner has started running to the next base).
9. The withdrawal of an ineligible pitcher after that pitcher is announced, but before a ball is pitched, shall not be a violation of the rules.

10. The number of pitches in recreation, scrimmages, or games declared “no contest” shall be charged against the pitcher’s eligibility. If a game is resumed in a following week, the last pitcher in the game may continue up to the extent of his remaining pitch count eligibility with appropriate number of rest days.

11. Any player who participates for any Bridgewater Baseball tournament team may pitch for his team ONLY if he follows the Rest Rule table. This applies to any games in USABL, Diamond X, Warren, or any other Bridgewater Baseball tournament/travel related games.

12. At the start of the playoffs, all pitchers shall have maximum pitching eligibility. Regular rest rules apply during the playoffs.

13. **Intentional Walk** – Intentional walks are NOT permitted. Any coach who intentionally walks a batter or “pitches around” a batter will be suspended and/or removed.

14. Breaking pitches are prohibited. Throwing a breaking pitch will result in an automatic ball.

15. An “Extended Strike Zone” will be in use. This means shoulders to the knees. Relax and go easy on the umpires. The two managers might want to remind the umpires of this zone prior to the start of each game.

16. **A pitcher who hits two batters in the same inning or three batters in the game must be removed.**
17. Recreation and tournament managers are required to report pitchers and their pitch counts to the Commissioner every Saturday (rec) or Sunday (tournament) evening via email.

### REST RULE

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*Failure to adhere with the letter and spirit of these pitching rules may lead to a manager or coach’s suspension or removal from the program.*
Catching

1. The league will provide full catcher’s gear.
2. Catcher must wear a protective cup (not supplied by the league)
3. **Dropped third strike is in effect** after May 17
   a. A batter may attempt to advance to first base if the catcher does not catch the third strike (applies ONLY when first base is unoccupied and/or when there are two outs).
Fielding

1. **Switching player positions** - A player may be switched from any position after each inning. Other than changes related to pitching or injury, defensive changes during an inning are prohibited.

2. **Infield Fly Rule is in effect** - If there are 1 or fewer outs with runners on 1st & 2nd or 1st, 2nd, and 3rd, and a batter hits a pop-up to the infield that is easily catchable by any member of the fielding team, the umpire may verbally announce "Infield Fly - Batter's Out" even before the ball is attempted to be caught. Then, even if the ball is dropped, the batter would be called out and the runners would be allowed to safely stay on their original bases as if this were a pop-up caught for an out.

3. **Up to 10 players with 4 outfielders are permitted (at manager’s discretion)**
Equipment

1. All players are advised to wear a protective cup. (Not supplied by the league).
2. Catchers and pitchers MUST wear a protective cup.
3. Players should wear their full uniforms (pants, shirt, socks, and hat) during games. Shorts are not acceptable.
4. Players must bring their own glove and are welcomed to bring a bat.
5. We strongly urge parents to write the players name and phone number on all equipment.
6. If players bring their own bats, parents & coaches should refer to the “Hey Coach” (Stuff for Everyone) page on the BBSI website or the Babe Ruth website at http://www.baberuthleague.org/bat-rules.aspx.
7. All non-wood bats must have USABat marking to comply with Babe Ruth / Cal Ripkin rules. Barrel size can either be 2 1/4” or 2 5/8”.
8. No restrictions on wood bats (i.e. no restriction on length to weight ratio)
9. Players should wear plastic spikes. Soccer spikes are fine. Opened-toed foot apparel is not permitted.
10. Players should dress appropriately based on weather conditions, cold, heat, rain, etc.
Rain Outs & Lightning Policy

1. In order to determine if a game is cancelled due to weather, please check [http://www.bridgewaterbaseball.com](http://www.bridgewaterbaseball.com) under the Field Conditions tab or call the recreation department hotline at 908-526-7107, after 4:00pm.

2. The web site will say “Open” or “Closed”. If closed, please contact the other manager to confirm the cancellation and then contact your parents. Email communication is the recommended way and probably the most efficient way to communicate
   a. If games have not been canceled, the two managers should show up at the field or contact each other to make a determination as to whether the game could be played.

3. It is not required to make-up rain out games in Minor League. If both managers want to, they can work with the league commissioner to try to find a date and field to reschedule the game.

4. In case of **LIGHTNING**, a thirty (30) minute postponement applies to all current games at a specific location. All people must seek shelter (in vehicles). If after thirty (30) minutes, lightning is still sighted, a Board Member, Commissioner, or a Senior Umpire can decide to cancel the game(s).

5. If lightning returns after play has resumed, the thirty (30) minute postponement starts over. The time limit for the game will remain in force during the lightning delay - no extra time will be granted for the delay for recreation games. The game(s) will automatically be cancelled upon the start of a third (30) minute lightning delay.

6. The cancellation of an earlier game, due to lightning, does not necessarily cancel all later games.
Code of Conduct for Manager and Coach

Bridgewater Baseball ("BBSI") is a program of service to youth. At the heart of our program is the relationship between the manager/coach and the player. Because the manager/coach is in control of our program and the control, which he/she exercises, may be either beneficial or harmful to the player, Bridgewater Baseball has developed a code of conduct for all managers and coaches.

Our intent is not so much as to legislate as to enlighten our adult leaders to the importance of their position as role models. In accepting the responsibility to be a role model, each manager and coach must agree to abide by the following rules and regulations:

A. Managers and coaches are expected to act in the best interest of the team and BBSI. This includes fair assignments of player positions and equal treatment for all players.
B. No manager or coach shall use any profanity at any time.
C. No manager or coach shall use alcohol or tobacco in or around the playing field.
D. Throwing of any object, i.e., helmets or bats, is strictly prohibited and will result in the immediate suspension of a manager or coach. Managers must control their players and coaches.
E. Name-calling or other unsportsmanlike conduct will not be tolerated and, when observed, must be stopped immediately.
F. The manager and coaches have the responsibility to maintain reasonable order by spectators. No manager or coach should encourage any spectator to be unruly or to use profanity at any time.
Code of Conduct for Manager and Coach

G. Only the manager or acting manager may question any umpire calls. All discussions with umpires must be carried out in a normal speaking voice. Where possible, discussions should be isolated from the players and all discussions will be terminated at the direction of the umpire. No discussion will result in a show of displeasure by the manager, either verbally or otherwise.

H. All managers and coaches will be civil towards each other. Similar to dealing with an umpire, managers and coaches shall not engage in unsportsmanlike acts or raise their voices to each other. Any such demonstration will subject the offending party to disciplinary action by Bridgewater Baseball.

I. At the conclusion of all games, the manager and coach shall insure that their respective players congratulate the other team and engage in a customary handshake.

J. As coaches and managers, you may have access to medical information about your players. This must be kept confidential and cannot be discussed with other parents, players or other team coaches.

K. Any alleged violations of the code of conduct or league rules must be reported immediately to the league commissioner who, in turn, will promptly report the violations in question to the Conduct Committee convened by the Board of Directors of Bridgewater Baseball. The Committee will have authority to impose sanctions, including suspensions. The decision of the Committee may be appealed to the Board of Directors within a period of 48 hours after receiving notice of the decision.

L. Any manager or coach who knowingly violates the rules of the game will be forced to forfeit the game and be immediately suspended.
Code of Conduct for Manager and Coach

M. Any alleged violations of the code of conduct or league rules must be reported immediately to the league commissioner who, in turn, will promptly report the violations in question to the Conduct Committee convened by the Board of Directors of Bridgewater Baseball and Softball. The Committee will have authority to impose sanctions, including suspensions.

N. If, for any reason, you cannot abide by the aforementioned code of conduct, please do not volunteer to be a coach or manager. We look forward to a great season and greatly appreciate your service to our youth.

Acknowledged & Accepted: ___________________________ ___________________________

Date: ________________ Name (Print): ___________________________

The use and definition of “Social Media”, which should be broadly understood for the purposes of this code of conduct policy includes but is not limited to the following BLOGS, WIKIs, MICROBLOGS, MESSAGE BOARDS, CHAT ROOMS, ELECTRONIC NEWSLETTERS, ONLINE FORUMS, SOCIAL NETWORKING SITES (i.e. Facebook, LinkedIn, Vine, Instagram etc.) and other sites and services that permit users to share information with others in a contemporaneous manner. Although not an exclusive list, some specific examples of prohibited social media conduct include posting commentary, content, or images that are defamatory, harassing, libelous, or that can create a negative perception or connotation to the organization.