



Glastonbury Little League

Where Everybody Plays

2019
Minor League
Coaches Manual

"PUT ME IN COACH, I'M READY TO PLAY TODAY"
JOHN FOGARTY, "CENTERFIELD"

Minor League Manual

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SECTION 1

INTRODUCTION

Dear Manager,

Welcome to Glastonbury Little League Baseball and thanks for committing the time you will be spending working this season with the youngsters on your team. As a team manager, you are the heart and soul of our program. With you lies the responsibility for its success.

It is the program's objective to teach baseball and sportsmanship, build self esteem in each player, to have fun, and to create in each player the desire to be the very best he or she can be. A positive attitude on your part, bearing in mind at all times that every action should be based on what is best for the youngsters, will take us to these goals.

Glastonbury Little League has maintained a tradition of sportsmanship throughout its history. Managers must regard each other as teammates on the field of play, working towards the common goal of success for every player. ***Success is not measured by wins and losses but by the positive learning experiences you give to your players. A lost ballgame should never be regarded as a failure.***

Your commitment and your sacrifice of personal time are both recognized and deeply appreciated.

Enjoy your kids, have fun, and good luck!!!

Don Longtin, President
860-643-9165

The manual pages which follow provide guidelines and rules for the conduct of the MINOR LEAGUE DIVISION. These pages are not meant to be all inclusive, rather they are intended to be ready reference for information needed during the course of the season. They should be carefully read and understood to avoid doubts on the field of play. Please be sure that any coaches or assistants you have helping you read and abide by this manual as well. In the event of a conflict between this manual and other documents, the provisions which follow shall govern.

A Good Manager Should.....

1. Reflect an understanding of the age group they supervise.
2. Be aware that they are an example to the players.
3. Demonstrate they have an appreciation of the philosophy of Glastonbury Little League and cooperate with others in making the program benefit all the players.
4. Show by example that they respect the judgment and the position of the authority of the umpire.
5. Exercise their leadership role adequately but leave the game in the hands of the players.
6. Encourage their players at every opportunity.
7. Instill in each player self-confidence, a desire to improve and to impart as much baseball knowledge as possible.
8. Encourage good health habits, care of uniforms and equipment. Do not allow vulgar language on the bench or field.
9. Be instrumental in shaping acceptable behavior whether the team wins or loses.
10. Know and play by the rules of Glastonbury Little League. Instill in the players a respect for the rules of the game.
11. Be calm, cautious, and use sound judgment during an on field discussion, basing all actions on which is in the best interest of all youngsters involved. These discussions should be low key.
12. Help maintain control of spectator behavior. Lead by example.
13. ***Provide the opportunity for players to play the position they desire. Limiting the pitcher position to two or three players throughout the season is not in keeping with Glastonbury Little League spirit. A good manager should prepare as many pitchers as possible for the Major League level.***

NOTE: The above and everything which follows in this manual must be communicated to coaches and/or assistants by the Manager.

Sportsmanship and Character

Glastonbury Little League strives to have **Sportsmanship** be the hallmark of its program. Little League has three traits noted in its emblem. They are Courage, Loyalty and **Character**. While a Little League coach is not expected to take on a parent role for all of his/her players, he/she is in a unique position to serve as a positive role model. With the belief that Character is closely linked to good Sportsmanship behavior, the following suggestions for fostering player character are listed.

1. Be vigilant about preventing and stopping scapegoating of one player by other players
2. Recognize the achievements of your players other than baseball such as academic, artistic, etc.
3. Create a positive code of behavior for your team
4. Promote players supporting their teammates. Have a "Sportsmanship of the Game" prize
5. Teach respect for the condition of the facilities. Have players help you clean up the dugout area after games and practices.
6. Do not accept swearing, vulgar or obscene language on your team
7. Strive to be consistent with all players; avoid allowing personal feelings to interfere with fairness
8. Teach your players respect and courtesy towards their teammates, umpires and opponents
9. Emphasize at the first practice the importance of working hard and striving for personal and team goals.
10. Use constructive criticism, tempered by compassion. Help players do the same with each other.
11. Lead by example, respect the rules of baseball, local rules and umpires' judgments
12. Provide structure to your team, assure that the League dress code is observed with the players wearing the supplied uniforms properly and shirts are tucked in
- 13 Promote academics, ask the players how they are doing in school, what is there favorite subject, etc.
14. Create clear team expectations. Recognize the fact when players meet or exceed them.
15. Encourage players to volunteer for extra duties such as carrying equipment to your car or the equipment box, participating in fund-raisers, calling teammates, keeping dugouts orderly.

SECTION 2 SAFETY

The GLL Safety Officers is Don Longtin 643-9165. The following safety rules apply in all games AND practices.

1. During practices, players should be spaced so that no one is endangered by wild throws, missed catches, or batted balls.
2. Batters, base runners and base coaches must wear batting helmets during games and practices.
3. Collisions between players should be avoided by teaching the players to call for the ball.
4. Players must not wear watches, rings, or other jewelry, or items that could cause injury while playing ball.
5. Catchers must wear masks and cups when catching or warming up pitchers. It is recommended that all male players wear cups
6. Commensurate with our liability insurance requirements and background checks procedures, only League players, managers, and coaches must be on the field during practice sessions and games. Managers and coaches must have completed the Volunteer Application Form and local form for GLL processing of the NSOPR and local police background checks.
7. Bats, helmets, and other equipment should be kept well removed from the playing field.
8. Players should be kept on the team bench when not playing. **NO SPECTATORS WILL BE ALLOWED BETWEEN THE TEAM BENCH AND THE PLAYING FIELD OR AT THE TEAM BENCH .**
9. At no time should horseplay be permitted on the playing field or on the bench.
10. Curve balls can cause damage to young pitching arms; thus they must **NOT** be used in this League. Coaches should stress location and change of speed
11. The on deck position is not allowed. Managers are responsible for implementing this rule. Umpires are instructed to enforce this rule
12. Do not play when lightning or the threat of lightning is present. *The umpire will decide when to call games for lightning and darkness. Managers are not to attempt to influence these calls.*
13. **Non collision rule:** Base runners must avoid collisions with a fielding player when the fielding player is attempting to field a thrown or batted ball or make a tag by either sliding into home plate or bases or by using other means. *This is not a must slide rule but rather it is a non-collision rule.* Players running into a fielder attempting a tag put out shall be declared out for interference. Runners who avoid a fielder standing in the base path not making a play shall be safe by virtue of fielder interference. The umpire's judgment shall prevail. *In all cases, the runner is out when there is a collision.*

14. The Manger or Coach is responsible for having the League supplied first aid kit at every practice and game. Call the Equipment Director 860-306-4079 or the League President 860-643-9165 to replenish this kit.
15. Use the supplied surgical gloves in the first aid kit whenever dealing with any open cut.
16. **Be mindful of the pitch count. A Major Leaguer should not exceed 72 pitches in a game. For a Minor Leaguer, The maximum number of pitches is 50. See Section 8 for pitching rules and applicastgion of the batter count.**
17. **ACCIDENTS:** Managers should use the first aid kit for minor accidents. In the event of a major accident, the manager should immediately call the police and ambulance service at 911 and assure a physician attends to the player. If the parents are not at the field, the manager should notify the parents as soon as possible. He must then promptly report the accident to the Safety Officer noted above as well as the League president, at 643-9165
18. **Promptly report any safety problem and potential safety problem** to the Safety Officer noted above. Managers and coaches are to inspect the playing equipment before any game and report missing and/or damaged equipment to the League Equipment Directir at 860-306-4079
19. Managers are to be aware of special medical needs, if any, of all their players, e.g. allergies, diabetic, bee stings, etc.
19. **Bring the player' phone list at every game and practice in case of emergency.**
20. **Never leave a young player unattended after a game or practice. If you drive her/him home after the game or practice, assure that the player enters the home and someone is there before you leave.**
21. Assure team players are wearing seat belts if you are providing them transportation
22. Before a game, determine the location of a phone. This can be a cellular phone, nearby home phone or pay phone. Make sure you have a quarter taped to your scorebook or in your first aid kit. The safety coach or team manager is to survey the field prior to that start of any game or practice for safety hazards.
23. Parents who are ill, e.g., colds, flu, etc, are not to work in the Ross Field Concession Stand
24. Smoking and alcoholic beverages are not allowed at any of our ball fields
25. Managers and coaches will undergo basic First Aid kit administration training offered by the TOWN Nurse at the annual Coaches Meetings in mid March.
26. Team meetings during games are to be held in the safety of the dugout and not on the field

-LIGHTNING FACTS AND SAFETY TIPS

- 1) To determine how far away a lightning strike is, count the number of seconds between the flash and when you hear the rumble of thunder. Divide this number by 5 to get the distance (in miles) lightning is away from you. (i.e. count to 5 and storm is ONE (1) MILE AWAY!!)
- 2) Once the lightning is 6 miles away (30 seconds between lightning flash and thunder), take shelter!
- 3) Outside activities should not be resumed until 30 minutes after the last audible thunder as lightning can strike up to 20 miles from the storm cell.
- 4) Take shelter in a safe building like a large enclosed structure or an automobile. Do **NOT** take shelter in a baseball dugout, picnic shelter or under a tree.
- 5) Know the forecast. If the forecast calls for thunderstorms, be on the lookout for threatening skies and be prepared to take shelter if dangerous weather approaches. Bring a transistor radio...listed to AM band for static or get live-local weather updates every 10 minutes from WTIC NEWS-TALK 1080.
- 6) Even though the thunderstorm may be as far away as 20 miles, a “bolt from the blue” can happen. If hair on people’s head or body “stands up”, even if it’s sunny where you are, lightning is about to strike...take shelter.
- 7) If someone is struck by lightning, call 911 immediately. If the victim has no pulse for 20-30 seconds, start CPR. But make sure the safety of others is not jeopardized. It is unsafe to be outside if a thunderstorm is near or in progress (lightning **can** strike in the same place twice).

Lightning kills more people each year (80-100) than tornadoes and hurricanes combined

SECTION 2

SAFETY

Safety Coach Guidelines

Safety Coach: One coach shall be designated the Team Safety Coach. A league provided cap would be used to maintain visible emphasis on safety.

Why a safety coach: GLL has an excellent record regarding player injuries, however there have been incidents that could have been avoided by more visible and preventive actions. Therefore, GLL is adopting a policy to elevate the importance of safety by assigning Safety Coach to each of its teams in every division of play.

Responsibility: Implementing Glastonbury Little League Safety Policy. Highlights are listed below – see Section 2 of the GLL Coaches Manual for additional description.

Accidents

Evaluate the extent of the injury. Excessive bleeding/suspected bone injury or other major injury, call 911. Direct all other players away. Stay with injured player until help arrives and direct the responding officer to the player. Notify parents. Maintain an account of the incident and report to League President and Board Safety Officer as soon as practical.

Treat minor injuries (cuts, abrasions, etc with first aid kit)

Preventive Action

- Bring the player's phone contact list to every game and practice along with cell phone.
- Become aware of players special medical needs (i.e. allergies, bee stings, etc)
- Never leave a player unattended after game or practice (thru Junior League).
- Dugout Discipline – Assure all coaches remain IN the dugout during game situations, entry shall be unobstructed, bats in bat racks, and equipment bags hung or stored under benches.
- Assure no On-Deck Batters, no person shall handle a bat during the game unless they are at the plate or approaching the batters box
- Assure base runners and base coaches are wearing league-approved helmets. Bats shall be clear of the playing area. Catchers must wear full protective gear (masks with throat guard, shin guards, chest protectors and cups) when catching or warming up pitchers.
- Assure players are not wearing watches, rings, or jewelry during the game.
- Reinforce the umpire's decision to call games for lightning and darkness
- Evaluate playability of the field and condition of the equipment prior to games. Report unsafe field and equipment conditions to Safety Officer and/or League President
- Ensure a replenished first aid kit is available for minor accidents
- Assure field equipment box is closed and latched during games
- Assure that only League approved individuals are acting as coaches during games and practices

Education

- Prohibit head first slides
- Monitor batter count for maximum number of batters faced by one pitcher
- Collision avoidance – call for the ball when fielding; proper slides in base running situations.
- Proper release of bat after a hit (no thrown bat)
- Don't turn your back on the baseball!
- Proper catcher position: equipment forward, fist behind gloved hand or shin guard.
- Stress location and change of speed for pitchers – curve balls must not be used in this league.
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Food and Drinks (Nutrition)
Provided by the Glastonbury Health Department

1. Encourage that each player have a water bottle with water (not juice, sports drinks*, or soda) available at each practice or game. This water bottle should be labeled with their name. Discourage the use of large water coolers or the sharing of water bottles. *Sports drinks should be encouraged over water if the weather is warm or the players are going to be doing strenuous physical activity for more than 30 minutes.
2. If snacks are part of an event encourage the players to avoid items high in sugar, salt, and/or fat. Choose healthy snacks.
3. Do not use food as a reward or punishment during a practice or a game.
4. Concession Stands, Celebrations, and Fund Raisers
 - A Give customers/players an opportunity to choose foods with high nutrition value at all team functions when food is served and at concession stands.
 - Always have water as a drink option and discourage soda, sports drinks, vitamin drinks, flavored water with artificial or natural sweetener
 - Encourage the consumption of appropriate serving sizes
 - Encourage healthy snacks and meals such as trail mix, nuts, low-fat cheese, low fat crackers, baked (not fried) chips and pretzels, low sugar cereal, graham crackers, fresh fruit, sorbet, bagels, whole wheat buns and bagels, low fat condiments, salads, consider vegetarian options
 - B. Discourage fund raisers that require the sale of low nutritional value foods such as candy, consider non-food options.
 - C. Celebrations do not have to include food. If food is served consider some of the healthy options listed above.
 - D. Parents: Make parents/guardians aware of policy so they can further reinforce healthy options. Encourage parents to comply with league recommendations when providing food for a league event.
 - E. Parents that are ill should not staff the Ross Field Concession Stand or serve snacks or food to the players.

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Glastonbury Little League
Child Abuse Awareness and Reporting Policy

Legislative Mandates

The State of Connecticut and the Federal government both have legislated mandates pertaining to the reporting of instances of Child Abuse by all individuals in positions of interacting with children. **The safety and well-being of all participants in the GLL program is paramount.** As adults, we want to ensure that the young people playing in our program are able to grow up happy, healthy and, above all, safe. Whether they are our children, or the children of others, each of us has a responsibility to protect them. Unfortunately, there are those who would seek to do harm to these children, to rob them of their right to feel safe and grow up in a free and healthy environment. As a result of the Federal legislation and combined with Connecticut law, those interacting with children must act as mandatory reporters and therefore, they are required to report or cause a report to be made when, they have reasonable cause to suspect or believe that a child under the age of 18 has been abused, neglected or is placed in imminent risk of serious harm. (Connecticut General Statutes §17a-101a) or where child abuse occurs where a child has had physical injury inflicted upon him or her other than by accidental means, has injuries at variance with history given of them, or is in a condition resulting in maltreatment, such as, but not limited to, malnutrition, sexual molestation or exploitation, deprivation of necessities, emotional maltreatment or cruel punishment. (Connecticut General Statutes §46b-120) or where child neglect occurs where a child has been abandoned, is being denied proper care and attention physically, emotionally, or morally, or is being permitted to live under conditions, circumstances or associations injurious to his well-being. (Connecticut General Statutes §46b-120). With this in mind, we need to better understand what child abuse is.

What is Child Abuse?

Defining child abuse is the first step in battling it. Child abuse can take several different forms: Physical abuse of a child is when a parent or caregiver causes any non-accidental physical injury to a child. There are many signs of physical abuse. If you see any of the following signs, please get help right away. Signs of physical abuse in a child:

Physical:

- Any injury to a child who is not crawling yet
- Visible and severe injuries
- Injuries at different stages of healing
- On different surfaces of the body
- Unexplained or explained in a way that doesn't make sense
- Distinctive shape
- Frequency, timing and history of injuries (frequent, after weekends, vacations, school absences)

Behavioral:

- Aggression toward peers, pets, other animals
- Seems afraid of parents or other adults
- Fear, withdrawal, depression, anxiety
- Wears long sleeves out of season
- Violent themes in fantasy, art, etc.
- Nightmares, insomnia
- Reports injury, severe discipline
- Immaturity, acting out, emotional and behavior extremes
- Self-destructive behavior or attitudes

28.3% of adults report being physically abused as a child.¹

Sexual abuse occurs when an adult uses a child for sexual purposes or involves a child in sexual acts. It also includes when a child who is older or more powerful uses another child for sexual gratification or excitement. Signs of sexual abuse of a child:

Physical:

- Difficulty sitting, walking, bowel problems
- Torn, stained, bloody undergarments
- Bleeding, bruises, pain, swelling, itching of genital area
- Frequent urinary tract infections or yeast infections
- Any sexually transmitted disease or related symptoms

Behavioral:

- Doesn't want to change clothes (e.g., for P.E.)
- Withdrawn, depressed, anxious
- Eating disorders, preoccupation with body
- Aggression, delinquency, poor peer relationships
- Poor self-image, poor self-care, lack of confidence
- Sudden absenteeism, decline in school performance
- Substance abuse, running away, recklessness, suicide attempts
- Sleep disturbance, fear of bedtime, nightmares, bed wetting (at advanced age)
- Sexual acting out, excessive masturbation
- Unusual or repetitive soothing behaviors (hand-washing, pacing, rocking, etc.)
- Sexual behavior or knowledge that is advanced or unusual
- Reports sexual abuse

20.7% of adults report being sexually abused as a child.²

Definition of Child Sexual Abuse. Child Sexual Abuse can be defined as the exploitation of a child by an older child, teen, or adult for the personal gratification of the abusive individual. This form of abuse could involve a range of sexual activities, from touching to non-touching offenses, and may also include acts that are considered non-sexual but are done for the gratification of the abuser. This might include talking to a child in a sexually explicit way, voyeurism, or exposure of private parts to a victim and/or victim's exposure of his or her private parts

When a parent or caregiver harms a child's mental and social development, or causes severe emotional harm, it is considered emotional abuse. While a single incident may be abuse, most often emotional abuse is a pattern of behavior that causes damage over time.

Signs of emotional abuse in a child:

Physical:

- Delays in development
- Wetting bed, pants
- Speech disorders
- Health problems like ulcers, skin disorders
- Obesity and weight fluctuation

¹ Statistic provided by Childhelp.org

² Statistic provided by Childhelp.org

Behavioral:

- Habits like sucking, biting, rocking
- Learning disabilities and developmental delays
- Overly compliant or defensive
- Extreme emotions, aggression, withdrawal
- Anxieties, phobias, sleep disorders
- Destructive or anti-social behaviors (violence, cruelty, vandalism, stealing, cheating, lying)
- Behavior that is inappropriate for age (too adult, too infantile)
- Suicidal thoughts and behaviors

10.6% of adults report being emotionally abused as a child.³

Child neglect is when a parent or caregiver does not give the care, supervision, affection and support needed for a child's health, safety and well-being. Child neglect includes:

- Physical neglect and inadequate supervision. Examples of physical neglect:
 - Deserting a child or refusing to take custody of a child who is under your care
 - Repeatedly leaving a child in another's custody for days or weeks at a time
 - Failing to provide enough healthy food and drink
 - Failing to provide clothes that are appropriate to the weather
 - Failing to ensure adequate personal hygiene
 - Not supervising a child appropriately
 - Leaving the child with an inappropriate caregiver
 - Exposing a child to unsafe/unsanitary environments or situations
- Emotional neglect. Examples of emotional neglect:
 - Ignoring a child's need for attention, affection and emotional support
 - Exposing a child to extreme or frequent violence, especially domestic violence
 - Permitting a child to use drugs, use alcohol, or engage in crime
 - Keeping a child isolated from friends and loved ones
- Medical neglect. Examples of medical neglect:
 - Not taking child to hospital or appropriate medical professional for serious illness or injury
 - Keeping a child from getting needed treatment
 - Not providing preventative medical and dental care
 - Failing to follow medical recommendations for a child

While a single indicator may not be cause for alarm, children who are neglected often show that they need help:

- Clothing that is the wrong size, in disrepair, dirty, or not right for the weather
- Often hungry, stockpiles food, seeks food, may even show signs of malnutrition (like distended belly, protruding bones)
- Very low body weight, height for age
- Often tired, sleepy, listless
- Hygiene problems, body odor
- Talks about caring for younger siblings, not having a caregiver at home
- Untreated medical and dental problems, incomplete immunizations
- Truancy, frequently incomplete homework, frequent changes of school

³ Statistic provided by Childhelp.org

A crucial step in stopping child abuse before it happens is knowing who might be a child abuser, and where child abuse might happen. For better or worse, the answer to each question is simple. Where can it happen? Anywhere. Who could be a child abuser? Anyone.

Who are the reporters?

The legislatively adopted Federal “Protecting Young Victims from Sexual Abuse and Safe Sport Act of 2017” mandates that all amateur sports organizations, which participate in an interstate or international amateur athletic competition and whose membership includes any adult who is in regular contact with an amateur athlete who is a minor must report suspected child abuse, including sexual abuse, within 24 hours to law enforcement. In the case of Glastonbury Little League, this would be ADULT(over 18 years old) Administrators, Coaches, Managers, Umpires, Concession Staff. An individual who is required, but fails, to report suspected child sexual abuse is subject to criminal penalties. If an individual suspects a case of abuse within GLL, they should report it within 12 hours of the alleged incident to the appropriate child services organization and/or local law enforcement as well as, GLL President and CT. District 7 Administrator. There is a “safe harbor” for good faith reporting,

Immunity from liability.

Concern is often expressed over the potential for criminal or civil liability if a report of abuse is subsequently found to be unsubstantiated. However, we want adults and Little Leaguers to understand that they shouldn't be afraid to come forward in these cases, even if it isn't required and even if there is a possibility of being wrong. All states provide immunity from liability to those who report suspected child abuse in “good faith.” At the same time, there are also rules in place to protect adults who prove to have been inappropriately accused. Little League policies prohibit retaliation of any kind when a good faith report of child abuse is made. Reports of Child abuse will be handled in a confidential manner by the recipients of those reports.

Resources for Reporting Child Abuse

GLL President, Don Longtin; little.league01@cox.net; 860-643-9165

CT 7 District Administrator: Bill Howard; 860-289-1422; Billd7ct@comcast.net

Glastonbury Police Dept: 860-633-8301

State of CT: DCF; (DCF 136 form) within 48 hours after that, both to the DCF Careline, **1-800-842-2288**.

The written report form is available on the DCF website at http://www.ct.gov/dcf/lib/dcf/policy/forms/DCF-136_Rev_05_2015.pdf or one can be requested when an oral report is made to the DCF Careline.

Additional information on Child Abuse Education/Prevention/Reporting

National Little League; www.Littleleague.org/childprotection

The National Center for Missing & Exploited Children's CyberTipline 1-800-THE-LOST (1-800-843-5678)

The Childhelp National Child Abuse Hotline; www.childhelp.org/pages/hotline-home; 1-800-4-A-CHILD (1-800-422-4453)

Stop It Now! www.stopitnow.org/help#contact; 1-888-PREVENT (1-888-773-8368)

SECTION 3 **FIELD DECORUM**

The actions and statements of managers, coaches, and umpires must be above reproach.

Managers are responsible for the actions of their players.

Positive cheering for one's team is encouraged. Negative cheering the opposing team is prohibited.

Uniformed players and umpires only are permitted within the confines of the playing field during play.

Players shall be on the bench when their team is at bat and when they are coaching, batting or running.

When the team is on defense the reserve players shall be on the bench. Managers and coaches will not leave the bench area except to confer with a player or umpire.

PROTESTING GAMES

Every precaution should be taken to avoid situations that warrant the protesting of a game. Protesting a game must be a last resort. When a protest situation is imminent and recognized the umpire must be notified immediately in a civil manner, rather than waiting until the infraction has occurred. Managers are to direct their protest in writing to the League Commissioner within 24 hours after the affected game. Only an infraction of the rules can be grounds for a protest. Judgement calls by an umpire cannot be protested.

PLAYER DISCIPLINE

Suspension of a player is an extreme action and is allowed only with prior approval of the League President. Missing of previous practices or games shall not be reason for loss of playing time. Disciplinary action during a game should be taken only after careful consideration. The League President must be notified of these actions.

Expediting Games

Managers and coaches have a responsibility to their players, their families and to the next game teams to expedite the playing of their games. The following are measures that expedite games and must be adhered to.

- Have the batting lineup and defensive line up ready and posted for all to see prior to the game. Do not assign defensive positions on an inning to inning basis. Assure all players are prepared to go on the field immediately at the start of the defensive half inning.
- Do not hold half inning team meetings or cheers on the field, hold them in the protection of the dugout. The former is also an unsafe practice

- The next defensive half inning catcher must be in the dugout with the catching gear donned after one out on his/her team.
- Games must be started at the stated scheduled times unless delayed by a previous game. On field pre-game warm-ups are not allowed if they delay the starting of the game on time.
- The next batter is to be wearing her/his helmet and know where his/her bat is, but not in hand
- Place the field equipment in an orderly fashion in the dugout so as it can be easily located by players. Place the equipment in the dugout bag after the game and return same to the box.
- Do not use an excessive amount nor lengthy timeouts for individual player training
- Limit the amount of warmup pitches to 6 between innings.

SECTION 4 TEAM EQUIPMENT/UNIFORMS

EQUIPMENT

Equipment for play will be maintained at each field in green field boxes located behind the backstop. The equipment will consist of two sets of catcher's protective gear, two sets of batting helmets, several bats, bases, umpire's protective gear and ice packs. Each manager will receive an equipment box key, a scorebook, several practice balls, and sufficient new baseballs for the season from the League Commissioner. The home team manager will supply two new balls for each league game. The home team manager is responsible to set out the field equipment for games – bases & umpires' gear. There is a bag of team equipment for each dugout. The team manager for each dugout is to re-bag the equipment after the game and return it to the field equipment box.. ***The home team Manager is responsible to lock the equipment box during the course of the game and assure the box is closed and locked after the game.*** The manager should notify the League Commissioner if equipment replacements are required at any field during the season. ***The provided equipment box key must be returned to the League with equipment return.***

UNIFORMS

The League will supply uniform shirts, some pants and hats for each team. Shirts and hats are to be kept by the players. All pants must be returned to Ross Field immediately following the last game of the season. Partial returns will not be accepted. Coaches are to return a complete set of pants, balls, key, first aid kit, Pants are not to be given to All Star Players.

Scorebooks are to be returned intact with the uniforms. New and used balls are League property and are not to be kept or given to players at the end of the season. They are to be returned by the Manager with the uniforms.

Soft Toss Practice

Coaches are advised to use whiffle balls only when conducting soft toss practice against field fencing. They are additionally directed to stand on non-grassy areas to do so. These techniques minimize wear and tear of the fields and fencing and prolong the life of the facilities we use. Signage on most fields provide these instructions

Catcher's Mitts

Glastonbury Little League teams in the Minor, Major, Junior, Senior, and Big Leagues will be provided an appropriate size catcher's mitt for use throughout the season. As you know, catcher's mitts are the most expensive item in our equipment inventory and providing one for each of the 64 teams playing hardball in our program involved a quite sizable investment. The mitts purchased (Rawlings) are of excellent quality and are expected to service the league for many years to come. This will only be accomplished if each manager and coach ensures the proper treatment and care of these valuable mitts. **It is required that the mitt assigned to your team be returned on the assigned date along with the pants and uniforms**

provided. The league will recondition each mitt during the off season so that they are in good order for the following year. In the event that the mitt entrusted to you is damaged beyond repair, lost, or stolen, it will be expected that a replacement mitt of the league appropriate make and model be turned in. Please refer to the following list of makes and models if the above situation becomes necessary:

<u>League</u>	<u>Make / Model</u>	<u>Retail Cost</u>
Minor's	Rawling's RCM45	\$85.00
Major's	Rawling's RCM30	\$95.00
Junior's	Rawling's RCM30	\$95.00
Senior's	Rawling's RCM30	\$95.00

SECTION 5

GAME POSTPONEMENTS AND CANCELLATIONS

When the weather is questionable, call the League Commissioner. Managers may use their good judgment in postponing games because of inclement weather. Games are to be postponed when lightning or the threat of lightning exists. **Games are not to be postponed due to key players or Coaches not being available.** *If the League approved manager or Coach is not available for a game, the manager is to notify the League President who will supply a substitute Manager. Little League rules and insurance prohibits the use of non approved/non insured personnel coaching teams. The only viable reason for game postponement is inclement weather. Lack of adequate number of players will result in forfeiture. Managers are not to re-schedule games without prior League approval.*

MINOR LEAGUE RAIN MAKE UPS

A **Practice and Rain Make up Schedule** is included in the web site. A practice and practice game schedule precedes the regular season schedule. Rained-out practice games need not be made up. Managers are urged to take full advantage of the scheduled practices to become acquainted with their team.

We can all be sure that some, hopefully not many, of our games will be rained out during the course of the season. For that purpose, rain make-up dates are available. To confusion and tightly packed make-up games in late season, you are urged to make up games as early as possible. **ALL RAINED OUT GAMES MUST BE MADE UP** in order to have every team play a full schedule. The process for arranging a make up game is as follows:

1. **After reviewing the Rain and Practice Schedule**, the two managers will agree on which date the game is to be made up.
2. One of the managers involved will call the League President to reserve a field for that game.
3. If in the judgment of the League President the date selected by the two managers is not the best available date, the League President has the right to overrule that date and schedule the make-up as necessary

Rain make-up games will pre-empt practices. It is suggested that the next available practice date for either team be used for a rain make-up if it does not conflict with another game. Fields for additional team practices during the course of the regular season can be reserved by calling the President. Make-up games will have priority, but managers are encouraged to make use of the fields for practice and to give the players maximum baseball time. More baseball is learned in practices than in game situations.

SCOREKEEPING

The manager of each team is responsible for maintaining the score for each game in which his team participates. Before game time, each manager must make available to the other manager his batting lineup upon request. Managers should confirm the score after each half inning. Each manager must make available to the opposing manager his/her scorebook for the purpose of verifying compliance with pitching rules and batting order rotation. Note that standings are not kept in the Minors. Scorekeeping is primarily used to manage the games and recording adherence of player playing rules .

SECTION 6

MINOR LEAGUE PLAYER ASSIGNMENT

Minor League rosters cannot be completed until the Major League player draft is completed. This normally occurs one week prior to the League pre-season practice schedule. Players who participated in the Major League try outs and were not selected are placed in the Minor League. All 11 and 12 year olds are placed in the Majors as basically are those 10 year olds who wish to play Majors. Players whose parent is coaching will be placed on the parent's team. Brothers and sisters are also placed on the same teams. Players are placed on teams to achieve an equitable distribution of age groups. Efforts are made to meet individual player request to play with friends and/or a particular coach and to form neighborhood and at best school district teams without creating imbalance in player age distribution.

Trading of players between teams must be approved by the League President. This approval must be obtained prior to any discussions between managers, parents or players. Premature announcements of a trade may lead to disappointed players and parents. Premature announcements of a trade may lead to disappointed players and parents. Player trades disrupts difficultly achieved player request accommodations, team balance and results in potential liability insurance issues with incorrect rosters submitted to the Williamsport headquarters.

New registrants are possible after the distribution of team rosters to the managers. These new players are assigned to teams who may have less players than the majority of teams and not necessarily on a team the player may have requested.

Managers will notify their players of their team assignments as soon as possible.

MAJOR LEAGUE CALL UP OF MINOR LEAGUE PLAYERS

Permanent Call Up

If a Major League team loses players that reduces its roster to a minimum number, the President will supply that team with a player(s) from the Minors. Selection will be based on ability. Consent from the player(s) and affected parents must be obtained by the President prior to re-assignment to the Majors. If the call up should occur before the first week in June, the player has the option to play for both teams if he/she wishes to do so. The rules governing innings pitched in one week will apply to the sum total from both Leagues. The Minor League team has preference on the players time in the event of a schedule conflict unless the Major team has to forfeit the game. Normally, the decision of where to play should be made by the player.

Temporary Call up

A pool of eligible and qualified 10 year old Minors players will be formed for the purpose of supplying players to Major League teams who have a temporary deficit of players for a particular game. These players will be identified by League officials. Parental permission will be obtained by the League prior to a player being called on a one game basis. The player's Minor league commitment will take precedence over any call up. No Minor league player can play for a Majors team without GLL specific placemnt and approval.

SECTION 7

RECORDING OF SCORES

The manager of each team is responsible for maintaining a scorebook for each game in team participates. He/she should score both his and the opposing team's line-up.

While there are no League standings kept in the Minors, Managers/coaches are to keep score for three primary reasons;

1. To manage the game
2. To maintain a record of the team batting order
3. To track the batter count to enable proper attention is given to the batter count safety guidelines

It is suggested that managers check the game score with each other after each inning of a ball game.. As there is no league standing records kept, the scores are not recorded by the League. In this environment , disagreements of game scores on the field should be resolved in a amicable manner between coaches. Please call the League president if this is not possible.

Games that run the full official game length and are tied when called for darkness or weather shall not be continued later. Games called before they reach official game length shall be replayed later in their entirety. Games are to end 5 minutes before the start of the next game, game situations notwithstanding

MINOR LEAGUE DIVISION WINNERS

There will be no standings and division winners in the Minor League Division

SECTION 8

RULES APPLICABLE TO MINOR LEAGUE PLAY

Managers and Coaches must know and abide by the following rules.

1. **Games will be 5 innings long.** Four innings must be played to constitute an official game except that 3-1/2 innings shall be an official game if the home team is leading and the game is shortened by rain, darkness, etc.
2. *One stolen base per inning and that being second base, will be allowed. The runner may not step off first base until the pitched ball crosses the plate. If a passed ball occurs, the runner shall return to first base. Runner advancement on a passed ball is never allowed. The runner cannot advance to third on a throw to second*
3. Balks will be not be called but are to be corrected..
4. Bunting is allowed.
5. **Pitching rules for any one player are as follows:**
 - A. A pitcher cannot pitch on consecutive days.
 - B. A maximum of 4 innings pitched per week is allowed for 9-10 year old players *and 3 innings for a 8 year old player.* **A pitcher cannot pitch more than 2 innings in any one game.** A week is from Monday through Sunday.
 - C. A pitcher removed from the mound may not return to the mound even though he/she may remain in the game at another position.
 - D. A delivery of a single pitch in an inning constitutes an inning pitched.
 - E. Required days of rest are as follows;

Age 9-10	Age 8	Calendar
Batter Count	Batter Count	Days of Rest
10Max	8 max	3
7-9	6-7	3
5-6	4-5	2
1-4	1-4	1

F. A 9-10 year old pitcher is limited to 10 batters in any one game. An 8 year old, 8 batters max.

G. If a player pitches 2 innings, he/she must have 4 calendar days of rest

H.. When replacing a pitcher during the course of an inning, a position player must be used, not one from the bench. The replaced pitcher must remain in the game for that inning.

6. All players on the team for a given game are to be inserted in the batting order and will bat in an established batting order.
7. **The team's season batting order will be set at the first regular game and shall be maintained on a rotating basis. Specifically, the lead off batter in the first game will be the last batter in the second game and all other batters move up one position. The third game will follow the same rotation and so on for the remainder of the season. Players absent for a game shall not alter this sequence. Use of the scorebook to maintain record of this rotation is mandatory. All players and parents are advised of this rule.**
8. Base runners may not advance on wild pitches and passed balls.
9. No player shall play in the field one (1) inning more than any other player. For every inning missed due to lateness, the player loses one inning of mandatory play. **Completion of the game after 4-1/2 innings of play because the home team is ahead shall not be justification for violating this rule. See rule 17.**
10. The infield fly rule will not apply.
11. The number of visits a manager or coach may make to any one pitcher is limited as follows:
 - A fourth, non injury related, trip to the same pitcher in the same inning will cause the pitcher's automatic removal.
 - A manager or coach is prohibited from making a third visit while the same batter is at bat.
12. Pinch runners are to be used only in case of an injury to the original runner.
13. Adults including managers may not coach in either first or third base coaching boxes. Coaches and managers are not to be on the playing field during the game but must be behind the bench fence.
14. A runner shall be awarded one base beyond the base he would have made, in the umpire's judgment, on a ball thrown out of bounds or to the pitcher to stop play.

That runner must be in motion towards the base however and proceeds at his/her own risk. Out of bounds lines, normally an extension of the backstop, shall be noted upon by the managers before the game.

16. Profanity by Coaches and players is forbidden. Violation will result in immediate ejection from the game and the ball park. The umpires judgment on profanity is final. Coaches are to assure that players are aware of this rule at the beginning of the season.

17. No player shall sit on the bench for any consecutive defensive inning.

17a. Every player must play a minimum of one inning in the infield. Infield positions are positions 1 thru 6.

18.. **Non collision rule:** Base runners must avoid collisions with a fielding player when the fielding player is attempting to field a thrown or batted ball or make a tag by either sliding into home plate or bases or by using other means. Players running into a fielder attempting a tag put out shall be declared out for interference. Runners who avoid a fielder standing in the base path not making a play shall be safe by virtue of fielder interference. The umpire's judgment shall prevail. **In all cases. the runner is out when there is a collision.**

19. **Eight or more players shall constitute a legal number of players to play a game.**

20. Except where they conflict with the above rules, all official Little League rules for Minor League Baseball shall be observed.

21. **Individuals not authorized by the League, i.e., listed on the official team rosters, are not permitted to coach during games.and practices**

22. The League rules apply. Managers are not to develop individual rules. "That's the way we've been playing it" does not justify non-compliance to League rules. Recommendations for new and revised rules are welcome. They are a source of the aforementioned rules.

23 If 10 players have batted before the third out is made, the half inning shall be considered over. This applies regardless if a team has less than 10 players for the game.

24. Four outfielders will be used in this division. All outfielders must play back at least 15 feet from the outer edge of the infield grass and must not become extra infielders.
25. *Consumption of alcoholic beverages on or near the field before, during and after Little League games is strictly forbidden.*
- 26. On Deck Batters are not permitted.** *The next hitter in the lineup shall proceed from the team bench, go to the bat rack and go directly to the batters box. Players are not permitted to have bats on the bench. Managers are responsible for implementing this safety rule.*
27. **Head first sliding is not permitted** while advancing to the next base. A player doing so will be declared out. Diving back into the occupied base is allowed.
28. **Players must be wearing the League supplied team uniforms and hats** in order to participate in a game. Failure to do so will be cause for ejection. Additionally, team shirts must be tucked in and hat bills must be pointing forward.
29. *Coaches must remain inside the dugout during the course of the game.*
30. **Minor League games that are followed by a subsequent game are to end 5 minutes before the time the next game is scheduled to start. Game situations do not justify exceptions.**
31. **Every player must make a minimum of two appearances on the mound during the course of the season.**

SECTION 9

MINOR LEAGUE ALL STAR CAMP

There will be a baseball camp for players selected for Minor League All Stars. This camp will culminate with two All Star games between the players selected. The Minor League managers will select one 9 year old and one next best 9, or 10 year old player from their teams. Each team will be represented at this Camp. Other players may be selected by League officials depending on the number of Minor League teams in any one season. Selection of players is to be based on playing ability. with secondary consideration given to enthusiasm for the game of baseball. *Missing of some games does not disqualify a player from consideration.* The possibility of "making it next season" shall not be a factor. **Players must be available during the camp week which is noted on the the completion of the regular season to participate in this Camp.** Please do not nominate 8 year olds to this event. PLAYERS ARE TO BE NOTIFIED BY THE LEAGUE ONLY.

The purpose of the Camp and game is to is to showcase the players and the Minor League division, encourage the 9 year olds to try out for the Majors the next season and to raise funds for a charitable cause such as the Jimmy Fund

SPORTSMANSHIP AWARD

This is our most important AWARD

Each team shall nominate a winner for a Glastonbury Little League Sportsmanship Award. The winner shall be given a trophy AFTER THE SPORTSMANSHIP GAME and have his/her name inscribed on the Wall of Fame at Ross Field. The basic selection criteria is that the player should demonstrate support for teammates, coachability, genuine enthusiasm for baseball, respect for opponents and a consistent positive attitude.

It should not be an alternative to an All Star selection. An All Star player is not disqualified from receiving this award. Recipients can be of any age. Recipients of the Sportsmanship award will participate in the Evan Simon Sportsmanship game. Please check the web site Eevents Calendar for dates of the events. Not being available for the events does not disqualify a deserving recipient.

SECTION 10

Richard H. Ross Field Rules

Over 130 games per season have been played at Ross Field since it was completed in 1992. Much effort is spent in keeping this facility in excellent condition for players who will play on it this season and in the future. Consequently, managers are advised that unauthorized practices on this Field is forbidden. Call your League supervisor for practice fields and they will be provided. Make up games are to be played at their originally scheduled sites if at all possible. The Town of Glastonbury pays for the electricity for night games. This is a considerable sum and we are entrusted to play only those schedule night games which is 5 nights per week and several post season games. Trading regularly scheduled daylight games for night games at Ross Field cannot be accommodated.

All players and managers must observe the following rules:

1. Players and managers are to remain within the dugout during the course of the game except to enter and exit the dugout. **One Coach only is allowed on but not beyond. the top step of the dugout.** Managers are to lead by example. Failure to comply may result in delay and/or forfeiture of the game.
2. The field and the dugout entrance are to be kept clear of bats, helmets during the game. The next batter shall return such equipment to the dugout. Teams are to make use off the dugout bat and helmet racks. Avoid player injury....follow this safety rule.
3. **Minor League regular season games are to start promptly at 5:15pm and teams *must be off the field by 6:55pm with no exceptions.*** On field pre-game warm-ups are not allowed. Pitchers may warm up in the bullpen.
4. **PLAYERS, Coaches and Fans are not allowed in the press box area.**
5. Overthrows are to be played off the field fencing. Foul fly balls are out of bounds if they are beyond the marked out of bound lines. The next base is awarded when an overthrow enters a field access opening.
6. Staff food workers only are allowed in the stand. Other workers must be approved by the League Board member.
- 7 Rain water on the infield is not to be squeegeed onto the grass.

8. The scoreboard shall not be operated other than League approved officials. The scoreboard will be operated for Major League games only

9. Players, coaches and fans are not to enter the concession stand or the upstairs storage level. Only the Stand Manager and WORKING VOLUNTEERS ARE ALLOWED.

10. Each team is to clean out its dugout of debris after each game. Cups, bottles, wrappers, etc must be removed and placed in nearby trash barrels

11. All field equipment must be returned to the field equipment box after the completion of each game. The box must be locked.

Your cooperation in observing the above Safety and Field Maintenance rules is both necessary and appreciated

Sponsor Recognition

A team sponsor donates approximately \$20 to each team player in financially helping to provide the GLL baseball experience for that player. It is therefore befitting that each team recognizes their sponsor for their support. That is currently accomplished by GLL placing the sponsor name on team uniforms, sponsors being noted on the Ross Field Sponsor Board and GLL website and in some divisions, in the Citizen with game write ups. GLL needs to supplement these current recognition efforts. Two methods are being added:

1. The sponsors name and email address will be placed on the team roster and the web site will issue game notices that are now received by coaches and players
2. Within the first 2 weeks of the season, the team Manager or designate will take a photo(cell phone can be used) of the team in uniform and email same to the sponsor with a note tating the team's appreciation. Stan Zwirn, <<mailto:szwirn@hotmail.com>> szwirn@hotmail.com, and Don Longtin, <<mailto:little.league01@cox.net>> little.league01@cox.net, are to be copied on the sponsor appreciation email

Special League Activities and Fundraisers

Glastonbury Little League is a non-profit activity totally operated by volunteers and funded by registration and sponsorship fees as well as Fundraisers. Manager and parental support are critical in making the Fundraisers successful. All proceeds are used for League projects such as field improvements, equipment, etc. In order to properly coordinate these fundraisers with each team, a Team Parent(s) from every team should be appointed. The functions of the Team Parent will be to distribute League information to the players and their parents and to coordinate the following activities as applicable. Please refer to our web site www.glastonburylittleleague.org Calendar of Events for the current listing of activities and fundraisers. Some notable events are:

<i>Feb</i>	<i>23-24</i>	<i>Sat-Sun</i>	<i>9am-9pm</i>	<i>Dicks at Buckland Mall</i>	<i>GLL Appreciation weekend</i>
<i>Mar</i>	<i>21</i>	<i>Thurs</i>	<i>7:00pm</i>	<i>SMSCafé</i>	<i>Minors Coach Meeting</i>
<i>Mar</i>	<i>23</i>	<i>Sat</i>	<i>12-2pm</i>	<i>Ross</i>	<i>Minors equipment Pick up</i>
<i>Mar</i>	<i>23</i>	<i>Sat</i>	<i>12-2pm</i>	<i>Ross</i>	<i>Majors/Jr/Sr/Girls equip pick up</i>
<i>Mar</i>	<i>25</i>	<i>Mon</i>	<i>TBA</i>	<i>All Fields</i>	<i>Spring Training Starts</i>
<i>Mar</i>	<i>23-24</i>	<i>Sat/Sun</i>	<i>9am-9pm</i>	<i>Dicks at Buckland Mall</i>	<i>GLL Appreciation weekend</i>
<i>April</i>	<i>19</i>	<i>Fri</i>	<i>6:30pm</i>	<i>Ross Field</i>	<i>Opening Night</i>
<i>April</i>	<i>20</i>	<i>Sat</i>	<i>9:30am</i>	<i>All Fields</i>	<i>All Teams Play</i>
<i>May</i>	<i>3</i>	<i>Fri</i>	<i>6:30-8pm</i>	<i>Web Site</i>	<i>Summer Camp Registrations</i>
<i>May</i>	<i>8</i>	<i>Wed</i>	<i>5:00-8:00</i>	<i>GHS Café</i>	<i>Spaghetti Supper</i>
<i>May</i>	<i>17</i>	<i>Fri</i>	<i>6:30pm</i>	<i>Dunlin Donuts Stadium</i>	<i>Hartford Yard Goats</i>
<i>May</i>	<i>19</i>	<i>Sun</i>	<i>10:am</i>	<i>Gideon gym/field</i>	<i>Team Photos/Barbeque</i>
<i>May</i>	<i>27</i>	<i>Mon</i>	<i>8:15am</i>	<i>St Pauls Church Lot</i>	<i>Memorial Day Parade</i>
<i>May</i>	<i>27</i>	<i>Mon</i>	<i>6:00pm</i>	<i>Ross Field</i>	<i>SGT DeLuzio Wood Bat Game</i>
<i>July</i>	<i>16</i>	<i>M-W-F</i>	<i>6:00pm</i>	<i>Butler Fields</i>	<i>Jim Goodwin Minors Camp Starts</i>
<i>July</i>	<i>27</i>	<i>Fri</i>	<i>6:00pm</i>	<i>Ross Field</i>	<i>Jim Goodwin Minors Camp Ends</i>
<i>Sept</i>	<i>9</i>	<i>Sun</i>	<i>3:30</i>	<i>Butler Fields</i>	<i>Sandlot-Every Sunday</i>
<i>Oct</i>	<i>TBA</i>	<i>Tue</i>	<i>11:30am</i>	<i>Blackledge CC</i>	<i>Golf Tournament</i>

Section 11

TRAINING AND DEVELOPMENT

Glastonbury Little League has implemented a comprehensive and coordinated Player Training and Development Program. This Program is designed to have players achieve certain levels of skills in basic baseball fundamentals as they progress upwards in each of our Divisions of play. While building self esteem and providing enjoyment of the game is paramount in our philosophy, it is important for us to strive to impart as much baseball skills and knowledge as possible in each player.

Conducting a successful practice

Glastonbury Little League has been conducting All Star and Baseball Summer Camps for many seasons. Keeping all players busy and maximizing the amount of practice time available has proven to be the key to a successful practice. The use of "Skill Stations" has proven extremely effective. Basically, for the first half of the practice, the team is divided in groups of three or four players. The groups are placed in various areas(stations) of the field. Individual baseball skills are taught at each station such as throwing, bunting, hitting, etc. After 10-12 minutes the groups are rotated to a different station. This rotation continues until all groups have processed thru each skill station. The balance of the practice is used to develop team skills such as infield defense, relays, etc.

Minor League Skills

Hitting:

Players should be taught the following hitting skills:

The hitter should approach the plate with confidence believing that he/she can and not hope to hit the ball.

Should a strikeout occur, the player is encouraged to not get angry or despair but to learn from the event and strive to correct for the next at bat.

The batter should not decide to swing but rather, decide not to swing. This helps the batter to be better physically and mentally prepared to hit.

A controlled swing, about 70% of a full power swing, coupled with a short 6 inch stride towards the pitcher should be taught. Good hip rotation with the rear foot pointing to the pitcher at the completion of the swing. The head should remain down. teach the players to not look up immediately upon hitting the ball.

The hitter should be taught to hit the ball out in front of the plate to maximize power.

Bunting:

A square stance, bat out in front and level, facing the pitcher with knees flexed is important. The hitter should be taught not to move the bat up and down to hit the ball but rather to move the body up and down keeping the head in the same relationship with the bat.

Hit the ball with a "draw" on the bat so as to create a soft touch. so that the ball stops approximately 10 feet from home plate

For advanced hitters, teach them to bunt to positions.

Catching Fly Balls:

Catching fly balls should be done with two hands and if possible in a ready to throw position. This increase chances for a successful catch and quickens the ensuing throw. Keep the ball in front of the player

Fielding Grounders:

Center the ground ball with the body if at all possible. Keep the glove down while awaiting on the ball. If possible the throwing foot should be slightly forward.

Encourage the players to field with soft hands and not swipe at the ball. The fielded ball is brought up to the stomach with the head down watching the ball and glove being tucked into the belly button while the feet initiate the throw.

Throwing:

Players are to be taught the crow hop. Overhand throws are encouraged. Do not overthrow, it is better at this level to have a controlled, accurate throw rather than a fast wild throw.

Outfielders should be advised to not thrown arcing throws. They should throw straight in the infield even if the ball bounces to its destination.

This is a good age to start long tossing with players. This helps to develop arm strength. Start at about 15 feet and gradually move back as you throw and catch with players to a distance they can handle.

Pitching:

The five basic steps to pitching should be taught to all players. These will be covered at the Managers' meeting. A pitcher should be advised to change speeds occasionally to keep the batter off stride.

Care must be taken not to overuse a young pitching arm. A pitch count should be taken during games. 50 to 60 pitches is more than enough for a 8 thru 10 year old arm.

Base running:

Teach runners to over run first base when beating out a ground ball. Teach them how to cut the corners sharp when rounding the bases as well as running in as straight a line as possible. Teach them about tagging up, looking for the base coach for help. Aggressive base running is recommended.

Stealing:

Stealing is permitted, teach them to look for signs from the coach. It is strongly recommended that you use the base coach to relay the sign. This keeps more players involved in the game.

The runner should have the proper stance before leaving the base and not the "Little League" track stance. The kids should be taught the cross-over step that they will be eventually using in the older Leagues.

Relays:

Out fielders are to be taught to hit the relay infielder. A ball hit to left field should be relayed to the shortstop who is out in short left field and aligned with the appropriate base. A ball hit to right is relayed to the second base who is positioned in short right. A ball hit to center would be relayed to either the second baseman or shortstop depending on the base running situation.

It is recommended that you begin with all relays be towards the second base so that the players can begin to understand the concept of a relay. If they become proficient at this, you may introduce relaying to the correct base.

The relay player should be taught the proper relay position(ready to throw) and to align himself with the base. An advanced technique on this skill is for the baseman to help him align("go left", "go right").

Catcher :

The catcher should be taught the proper position, squatted down, on the toes not on the knees, throwing hand protected behind the right knee. He/she should be taught to slide over to block a wild pitch.

The catcher should be encouraged to make every throw back to the pitcher accurately. Overthrows delay the game, put the pitcher off stride and creates bad habits that are carried over to the Major League where runners can steal on bad throws. Coaches should start teaching how to frame a pitch.

Cover first on a grounder when no one is on base.

Defensive positions:

Teach all positions to all players with emphasis on positions preferred by individual players. It is critical to teach players to cover their positions while a defensive play is being made.

Baseball knowledge:

Players should learn the following:

When to tag up

When to run using sound base running judgment(this takes time to develop...be patient)

When to back up plays

Basic concept of baseball signs and their use...again use your base coach.
Throwing ahead of the lead runner. not to the pitcher to stop play
Learning to think ahead while on defense i.e. "What will I do if the ball is hit to me?"

PHILOSOPHY.....

Most importantly, the coach is to be sensitive to the physical and emotional needs of each player. He/She must stress the fun aspect of the game. *A young player ending the season with more self esteem and confidence at the end of the season than at the beginning is the true measure of a successful youth sports coach*

GLL Skills Progression

Rookie Division

Know where the bases are
Know where the different defensive positions are
What is an out
What is being safe
What is being out
What is a run
What is a force out
What is a tag out
What is a fly out
What is a single, double, triple, homerun
Catch the ball with two hands
Know the baseball ready body position
Swing the bat level
Throwing to first on a ground ball
Know you can overrun first but not second or third
Throwing basics including footwork
Where is the coaches boxes
Why are there coaches boxes
What is a foul ball, a fair ball
How to grip the ball

Tee Division

Review of Rookie Knowledge
How many outs in an half inning
Swing the bat level with proper body mechanics

Learn to take the extra base
Footwork included in throwing mechanics
Execute force outs
Introduce fly out tag ups
Introduce base coaching skills
Two hand catches with footwork
Introduce backing up defensive plays
Infielders covering the bases
Throw ahead of the lead runner
Defensive movement on batter's swing
Runner ready position

Minor League Knowledge

Review Rookie and Tee Knowledge

Learn to coach bases, transmitting signs
Know how to bunt
Hitting a pitched ball
Proper grip
Proper hand position
Mentally and physically prepared
Proper swing plane
Follow through
Two hand fielding with concurrent footwork
Stealing and sliding
Pitching
Consistent grip
simplified motion
Arm extension
Follow through
Secondary lead
Proper baserunner position
Mentally and physically prepared on defense
Backing up defensive plays
Introduce the concept of relays
Defensive positioning on plays.
Tagging up
Discussions on baseball strategy

Getting the lead runner

Proper position for the catcher