



Glastonbury Little League

Where Everybody Plays

Where Everybody Plays

2021
Rookie League
Coaches Manual

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

JOHN FOGARTY, "CENTERFIELD"

Rookie League Manual

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SECTION 1
INTRODUCTION

Dear Rookie League Manager,

Welcome to Glastonbury Little League Baseball and thanks for committing the time you will be spending working with the youngsters on your team this season . 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 95% of the way 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.*** While the latter statement does not apply to the Rookie League in as much scores are not kept, it serves to make you aware of one of our League,s basic philosophies as you begin your journey through our youth program.

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

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

Visit our web site at www.glastonburylittleleague.org

Don Longtin

Don Longtin, President 860-643-9165

The manual which follow provide guidelines and rules for the conduct of the **ROOKIE LEAGUE DIVISION**. This Division was developed as a pilot program in 1994. It is intended to provide a recreational and learning activity for 5 and 6 year old Little Leaguers. The playing rules described in this manual are based on methods used in other divisions and in training camps as well as coaches input from previous seasons. Your feedback during and after the season is vital to the program's continued success and development.

A Good Manager Should.....

1. Reflect an understanding of the age group they supervise.
2. Be aware that they are a role model to the players.
3. Demonstrate they have an appreciation of the philosophy of Glastonbury Little League and cooperate with fellow coaches, umpires, parents and League Officials in making the program benefit all the players.
4. Show by example that they respect the judgment and the position of 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
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, courteous, 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.

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 their 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 Officer is Don Longtin 860-643-9165. 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. Collisions between players should be avoided by teaching the players to call for the ball.
3. Players must not wear watches, rings, or other jewelry, or items that could cause injury while playing ball.
4. **Catchers must wear masks**
5. 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.
6. Bats, helmets, and other equipment should be kept well removed from the playing field.
7. **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.**
8. At no time should horseplay be permitted on the playing field or on the bench.
9. The on deck position is not allowed. Managers are responsible for implementing this rule. Umpires are instructed to enforce this rule
10. Do not play when lightning or the threat of lightning is present.
11. ***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.***
12. **The League supplies a first aid kit at every field equipment box.** Call the Equipment Director 860-430-1601 or the League President 643-9165 to replenish this kit.
13. Use the supplied surgical gloves in the first aid kit whenever dealing with any open cut.
14. **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 Officers noted above as well as the League president, at 643-9165**
15. **Promptly report any safety problem and potential safety problem to the Safety Officers 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 Director at 860-430-1601. Managers are to be aware of special medical needs, if any, of all their players, e.g. allergies, diabetic, bee stings, etc.
16. Bring the player's phone list at every game and practice in case of emergency.
17. **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.
18. Assure team players are wearing seat belts if you are providing them transportation
19. Before a game, determine the location of a phone. This can be a cellular phone, nearby home phone or pay phone.. The safety coach or team manager is to survey the field prior to that start of any game or practice for safety hazards.
20. Parents who are ill, e.g., colds, flu, etc, are not to work in the Ross Field Concession Stand
21. Smoking and alcoholic beverages are not allowed at any of our ball fields

22. Managers and coaches will undergo basic First Aid kit administration training offered by the TOWN Nurse at the annual Coaches Meetings in mid March.
- 23 Team meetings during games are to be held in the safety of the dugout and not on the field
24. **NAMES OF PLAYERS ARE NOT TO BE PLACED ON THE TEAM SHIRTS**

-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).
- 8) **Coaches are urged to download the smartphone app, “Weatherbug” which provides continous updates on nearby licntning strikes**

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.

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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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

¹ Statistic provided by Childhelp.org

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

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)

² Statistic provided by Childhelp.org

- 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

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

³ Statistic provided by Childhelp.org

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)

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.

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, coaches 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 not on deck, batting or running.

When the team is on defense the reserve players shall be waiting on the team bench for his/her turn to rotate into the game.

PROTESTING GAMES

There shall be no protesting of games.

PLAYER DISCIPLINE

Suspension or disciplining 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. **Consult with the League President before addressing player behavioral problems.**

EXPEDITING LITTLE LEAGUE GAMES

We as coaches are responsible for completing our games during the week and on weekends to allow succeeding games on Saturday/Sunday to begin at their scheduled time. To facilitate this, the following procedures are to be implemented by Managers and coaches:

1. **Have your game batting and defensive lineups ready before the game.** Post both in a prominent place in your dugout so that players can go to their positions without asking you
2. **Start your game/practice at the scheduled time .**
3. There should be two sets of catchers gear and/or batting helmets at each appropriate field.. There is no need to be exchanging gear between teams in between half innings.
4. **Do not run clinics on the field during the course of a game.while two teams and their fans are waiting. Instruct your players when they return to the dugout or before they go to the batters box**
5. **Do not conduct in between innings team meeting on the field or in foul territory.** This is unsafe and time consuming. Use the dugout.
6. Instruct your players to be conscious of where they place their gloves and hats so they readily find them when they need to go out on the field
7. Have your catcher dressed(applicable divisions) for the next half inning. Keep the shin guards on the next inning's catcher unless this player is one of the first three batters. Help her/him get the equipment on.
8. Have your first baseman and centerfielder keep a warmup ball in their gloves for the next defensive inning
9. Minimize the amount of time for in between rituals. Be aware of the constraints of available daylight during weekday games and sensitive to the teams playing their games after yours on weekends.

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 Tees, several bats, bases and ice packs.

Each manager will receive a equipment box key, first aid kit, several practice balls, and sufficient new baseballs for the season from the League President. The home team manager will supply two balls for each league game. The home team manager is responsible to set out the bases, teams' equipment and to replace it at the end of the game and lock the equipment box. The home team manager shall keep the box locked during the game.

The manager should notify the League President if equipment replacements are required at any field during the season.

UNIFORMS

The League Supervisor(s) will supply uniform shirts and hats for each team. Shirts and hats are kept by the players after the season is completed.

ALL NEW OR USED BALLS AND THE EQUIPMENT BOX KEY MUST BE RETURNED TO THE LEAGUE IMMEDIATELY AFTER THE LAST GAME TO ROSS FIELD. New and used balls are League property and are not to be kept or given to players. They are next season's practice balls.

NAMES OF PLAYERS ARE NOT TO BE PLACED ON THE TEAM SHIRTS

SECTION 5

GAME POSTPONEMENTS AND CANCELLATIONS

When the weather is questionable, refer to the web site for cancellations and potponements. League administrators in concert with Parks and Rec will use their good judgment in postponing games because of inclement weather and field conditions. Due to the limitation of fields, GLL will make every attempt to play the game as scheduled. Coaches are not to use fields when instructed otherwise. If the manager is not available for a game, a suitable well indoctrinated substitute who has prior approval from the League(has background checked), is league insured and who is familiar with the contents of this manual should be appointed by the manager to take his place.

ROOKIE LEAGUE RAIN MAKE UPS

A Practice and Rain Make up Schedule is included in the web site' 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. You are urged to make up games as early as possible. **ALL RAINED OUT GAMES SHOULD 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. The two managers will agree on which date the game is to be made up derived from the Practice and Rain Make Up Schedule**
- 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

Scorekeeping is not permitted in the Rookie League. Coaches are encouraged to place emphasis on promoting player self esteem and noting achievements on the field such as a good hit, a nice defensive play, etc.

SECTION 6

ROOKIE LEAGUE PLAYER ASSIGNMENT

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, which is important at this level and/or a particular coach and to form best school district teams without creating imbalance in player age distribution. Six year old players who have requested to play in the Tee League are normally accommodated if they played a Rookie League season.

Trading of players between teams is not permitted by coaches and parents and must be must be approved and implemented 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. 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. Notify the League President if a player leaves your roster so that the waiting list can be accomodated.

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

SECTION 7

RECORDING OF SCORES

There will be no recording of scores and Rookie League standings in the Glastonbury Citizen. A manager desiring to submit a picture or writeup to the Citizen or other publication must obtain prior approval from the League President.

ROOKIE LEAGUE WEEKEND

*All participants in the Rookie League will be declared winners. They all will receive ROOKIE PLAYER AWARD trophies during Rookie Weekend to be held at Ross Field towards the end of the season. It is important that all your players attend these games. All Rookie League Sponsors will be invited to participate in the awarding of player trophies to their team during this weekend. Games will be preceded by events at the Ross Field Playscape. **Teams are to report 15 minutes prior to their scheduled game time.** Your Team Sponsor is expected to participate in the trophy award. This is a great opportunity for coaches and players to meet the sponsor who has help making your team possible.*

SECTION 8

RULES APPLICABLE TO ROOKIE LEAGUE PLAY

League approved Managers and Coaches, i.e. listed on the team roster, must know and abide by the following rules.

1. **All Games are to be preceded by ½ hour of skills teaching with both coaching staff joining together to conduct skills stations described within this Manual.** Games may be 3 innings long. Length of the game will be determined by mutual agreement of the Managers. This decision is to be based on the temperament of the players. An inning will be completed when all of the offensive team players have completed batting. Should there be three outs prior to this occurring, the base runners, **should there be some**, will be removed from the bases and the out count will be restarted at "no outs".
2. There shall be no base stealing.
3. Pitching is not allowed. The ball is to be hit off a tee.
4. Bunting is not allowed.
5. Special rules are as follows
 - A. **Pitcher must have one foot on the mound until the ball is hit.**
 - B. **Defensive players will rotate one position after every two batter in normal baseball ascending order.** Start with (1) pitcher, (2) catcher, (3) first base.....(10) right field
 - C. Batter shall not hit until the umpires says swing
 - D. There shall be no strikeouts called. The batter shall continue swinging until the ball has been properly hit
 - F. Hitting the tee does not constitute a hit ball. The ball must be cleanly hit in the judgment of the umpire for the batter and runner(s) to advance.
 - G. The hit ball must travel no less than half the distance between the plate and the mound to be judged playable by the umpire. If not, it shall be called a foul ball.
 - H. There shall be four outfielders
 - I. **No more than 10 defensive players are allowed on the field.** They are to be instructed to be in the proper positions on the field. The game can be played with 6 players playing positions 1-6
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.
8. Play is stopped when a thrown ball is **returned to** at home plate. See Rule 14 for runner advancement
9. Every player must be in the defensive rotating order, 10 players only on the field at any one time.

Section 8 (continued)

10. The infield fly rule will not apply.

11. Pinch runners are to be used only in case of an injury to the original runner.

13. Adult coaching on the field shall be as follows:

A. OFFENSIVE TEAM

- a. One coach in each of the coaches box.
- b. One coach at the home plate area guiding the batter.
- c. One Coach at the bench maintaining bench decorum.

B. DEFENSIVE TEAM

- a. A coach to be at the team bench to insert the players in the defensive rotation specified above
- b. One coach between first and second bases.
- c. One coach in the shortstop area.

14. ***Special Rookies baserunning rules.*** Any legitimate out shall count and the runner shall be removed from the base. When the ball is hit within the infield and the runner is not put out, the runner shall not advance beyond first base. If the ball is hit beyond the infield, the runner may attempt to reach second base and beyond at his/her risk. The runners are encouraged to take an extra base when the ball is hit to the outfield. The last batter in the innings line up may attempt to circle the bases. In this situation, all runners are at risk of being put out.

15. 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.

16. Players must avoid colliding with the opposing player who is attempting to field a thrown or batted ball and make a tag. Players running into a fielder attempting a tag put out shall be declared out. A player who avoids a collision with a fielder standing in the base path and not making a play, in the umpire's judgment, shall be declared safe by virtue of fielder interference. The runner is out in the event of a collision. Sliding into a base to avoid collision is permissible even when some contact is made during the act of sliding. No head first sliding except in returning to a base.

17. Six or more players shall constitute a legal number of players to play a game.

18. The bases shall be placed at the regulation 60 feet Little League distance.

19. The above 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.

20. The catcher must wear the batting helmet with the face guard

SECTION 9

TRAINING AND DEVELOPMENT

All Rookie Games are to be preceded by 30 minutes of skills training. The curriculum for this Training is provided on line and is to be followed by coaches.

GLL Skills Progression

Baseball Knowledge Rookies should have at the end of the season

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

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 to 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 is the key to success. 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.

Rookie League Skills

Coaches will be indoctrinated in teaching the following skills at the pre-season coaches meetings

Rookies are to be taught to use a level swing that produces line drives or hot grounders. Upward swings may be successful in the Rookies and Tee Leagues but cause serious problems once a player has to face real pitching. It is important to teach young batters to rotate their hips with the swing. A good indicator of good hip rotation is the position of the back foot upon completion of the swing. It should be pointing towards the pitcher. The eyes should remain on the ball on the tee and they should remain looking at the top of the tee after the ball is struck. They should not immediately look up to see where the ball is going. This teaches the player to keep the head down, an important in a proper baseball swing

Players are to be taught to catch the ball with two hands at all times whenever possible. This increases the possibility of a catch and facilitates a quicker release on the throw.

Players are to be taught to field grounders with two hands with the glove down while waiting for the ball to arrive

Throwing must be done with an overhand motion and not sidearm. Teach the players to step towards the target with the proper foot

Baserunners are to be taught to over run first base only

Outfielders are to be taught never to hold the ball in the outfield. They should be taught to immediately relay it to the second baseman standing around or on second base.

Baseball Knowledge: Players should know what a force out at first base is, what is a fly out is, what constitutes a score(run), that there are three outs in an inning and where the various defensive positions are.

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 Glastonbury Little League Coach***

Rookies Pre Game Skills Training

Rookie League Skills Stations

Game 1: *A. Describing the features of a baseball field B. Running through first base. C. Catching a ball with two hands*

Game 2: *A: Throwing a ball, reach back and line up body with target. B. Fielding a grounder, glove down, throwing hand above glove. C. Taking a turn at first base*

Game 3. *A. Hitting, eliminate uppercut swing, Follow through. B. Catching a Fly ball, two hands C. running the bases running straight lines*

Game 4: *A. What is a force out B. When can I run and not run. C Where should I throw the ball*

Game 5: *A Field a ground ball and throw B; Catch a flyball and through C; Hitting, hit line drives no fly balls*

Game 6. *A. Set barrel as target field grounder and hit the barrel, one team vs the other B. Do the same with flyballs*

Game 7. *A Hitting stance corrections, no ball on tee, B: hitting line drives and grounders C. Catch and throw with proper footwork*

Games 8-14 Repeat games 1-7 sequence

The Glastonbury Little League Coach

Little League, Inc of Williamsport, Pa. charges all local leagues to "make a determined effort to obtain the best adults available within the community to serve as Managers". The following are those criteria used by Glastonbury Little League in its selection/non-selection process for coaching staff membership. The Criteria is presented in the 3 different categories:

I. In season dismissal and rejection of coaching application

II. Reduces potential for selection

III. Enhances potential for selection

I. In season dismissal and rejection of coaching application

- A. Non-compliance with minimum playing time rules after one warning
- B. Continued use of profanity after one game ejection or warning
- C. Consistent confrontation with umpires, fellow coaches and parents
- D. Any physical altercation with player, parent, umpire and fellow coach
- E. Consistent negative interactions with players
- F. Consistent manipulation of rules to achieve game advantage, e. g., Ross Field curfew, game ending darkness, etc.
- G. Consistent abuse of equipment to demonstrate personal frustration
- H. Consistent non cooperation with League officials and responsibilities, e. g.
 - 1. does not return equipment completely or on time
 - 2. does not support fundraising activities
- I. Consumption of alcoholic beverages in the ball park or in the presence of the players.

II. Reduces potential for selection

- A. Does not demonstrate minimum baseball knowledge adequate for coaching desired level of play
- B. Was ejected or warned for use of profanity
- C. Did not observe League's minimum playing time rules
- D. Demonstrated over emphasis on winning
- E. Had some confrontations with umpires, fellow coaches and parents
- F. Failed to return uniforms completely and on time
- G. Absent at inappropriate amount of games. Delegated coaching duties to non-indoctrinated and non approved individual(s)
- H. Some negative interaction with players.
 - I. Consumption of alcoholic beverages in the ball park or in the presence of the players

III. Enhances potential for selection

- A. Consistent positive interactions with players
- B. Works well with umpires, fellow coaches, League officials and parents
- C. Has good baseball knowledge for coaching desired level of play
- D. Enthusiastically supports League Fund-raisers
- E. Returns equipment and uniforms completely and on time
- F. Observes and enhances minimum playing rules
- G. Demonstrates emphasis on development of players' baseball skills and self esteem rather than on winning
- H. Volunteers for non-coaching projects
- I. Demonstrates enthusiasm and respect for the game of baseball

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 6 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: Exception Rookie League only

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 former on deck area 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. Major and Minor League regular season night games are to start promptly at 6:45pm and **must end by the 9:00pm curfew with no exceptions.** The Tee League games are to start by 5:15 and end by their 6:40 curfew. On field pre-game warm-ups are not allowed. Pitchers may warm up in the bullpen.

4. 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 Rain water on the infield is not to be squeegeed onto the grass.

7 The scoreboard shall not be operated other than League approved officials. Normally, the scoreboard will be operated for Major League games only

8. 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. NO ONE UNDER 14 YEARS OLD IS ALLOWED TO WORK IN THE STAND

9. 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

10. 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

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

Feb	21	Sun	7:30-11:30am	GHS Gym	GLL Baseball Clinic
Mar	1	Mon	7:00pm	GHS B102	JR/SR Coach Meeting
Mar	2	Tue	7:00pm	SMSCafé	Major Managers Meeting
Mar	3	Wed	7:00pm	SMSCafé	Rookie Coach Meeting
Mar	4	Thurs	7:00pm	SMSCafé	Softball Maj Mgrs Meet
Mar	6	Sat	10:45a-6:15p	GHS Gym	Maj/JR/SR/Girls TO
Mar	8	Mon	5:30pm	SMS Main	Majors Tryout
Mar	15	Mon	7:00pm	GHS B102	Softball Majors Draft
Mar	16	Tue	7:00pm	SMSCafé	Tee Coach Meeting
Mar	16	Tue	7:30pm	GHS B102	Softball Tee Minors meet
Mar	17	Wed	6:30pm	SMSCafé	Major Draft
Mar	18	Thurs	7:00pm	SMSCafé	Minors Coach Meeting
Mar	18	Thurs	7:00	GHS B102	Jr/Sr Draft
Mar	20	Sat	12-2pm	Ross	Rookie equipment Pick up
Mar	20	Sat	12-2pm	Ross	Tee equipment Pick up
Mar	20	Sat	12-2pm	Ross	Majors/Jr/Sr/Girls equip pick up
Mar	23	Mon	TBA	All Fields	Spring Training Starts
Mar	31	Wed	7PM	SMSCafé	Umpire class training
April	5	Mon	645pm	Hebron Gym	Umpire Gym training
April	7	Wed	6pm	Ross Field	Umpire Field Training
April	7-9	W-F	9am	Ross Field	Work Days
April	23	Fri	6:30pm	Ross Field	Opening Night
April	24	Sat	9:30am	All Fields	All Teams Play
May	1	Fri	6:30-8pm	Web Site	Summer Camp Registrations
May	12	Wed	5:00-8:00	GHS Café	Spaghetti Supper
May	21??	Fri	6:30pm	Dunlin Donuts Stadium	Hartford Yard Goats
May	23	Sun	10:am	Gideon gym/field	Team Photos/Barbeque/HRP
May	31	Mon	8:15am	St Pauls Church Lot	Memorial Day Parade

May	31	Mon	6:00pm	Ross Field	SGT DeLuzio Wood Bat Game
June	4-5	Fri-Sat	4:00	RIVERFRONT	JR/SR Town Championship Games
June	5-6	Sun	All Day	Ross Field	Rookie Tournament Weekend
June	7	Mon	6:30pm	Web Site	Fall Ball Registrations
June	14	Mon	5:00pm	Ross Field	Tee Sportsmanship Game
June	12	Sat	11:45am	Ross Field	Minors Sportsmanship Game
June	12	Sat	2:00PM	Ross Field	Majors Sportsmanship
June	12	Sat	4:15pm	Ross Field	President's Cup
June	12	Sat	6:30pm	Ross Field	Town Championship
July	13	M-W-F	6:00pm	Butler Fields	Jim Goodwin Minors Camp Starts
July	23	Fri	6:00pm	Ross Field	Jim Goodwin Minors Camp Ends
July	26	Mon-Thu	6:00 p.m	Butler Fields	Pre-Minors Camp starts
July	30	Fri	6:00pm	Ross Field	Pre-Minor Camp Finale
Sept	12	Sun	3:30	Butler Fields	Sandlot-Every Sunday
Oct	13	Wed	6:30:pm	Gideon Audi/Café	Awards Night(next school yr)

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 emai