

*Carmel Dads Club  
Minor League  
Baseball Handbook  
Pre-K to 2<sup>nd</sup> Grade*

## **Minor League Baseball Program**

*Welcome to the Minor League Baseball Program of Carmel Dads' Club (CDC) and thank you for your interest and participation. The success of this program as well as others throughout the CDC is largely dependent on the strength of its stakeholders. We encourage you to volunteer and participate - as a coach, assistant, team parent, sponsor, and spectator.*

*The CDC Baseball Program has been in existence since 1959. The growth of the program has been significant, as we now have one of the largest baseball programs in the state of Indiana.*

*The Minor League Baseball Program is the recreational (in-house) segment of the CDC Baseball Program, emphasizing fun, sportsmanship, and skill development - not competition. Minor League Baseball is open to every boy and girl who resides in Carmel-Clay Township from the Pre K age through the 2<sup>nd</sup> grade. Experience has taught us that to have an effective program, each coach, commissioner, league official, and enthusiastic parent must first understand the program they are participating in.*

*We strongly advise each parent read through this handbook and become familiar with its contents.*

*The Steering Committee (General and Grade Level Commissioners) review and update this information on an annual basis. Suggestions are always welcome as we try to keep improving the league for the players and all other stakeholders. If you have any questions or suggestions, you can direct them to the General Commissioner or the Grade Level Commissioners. Their contact information can be found at the CDC home page (<http://www.carmeldadsclub.org>) - Leagues/Baseball/Minor League Baseball or contact the CDC office.*

## **Minor League Baseball Structure**

*The in-house recreational league is grade based {not age based, not skill based}. The skill range of players in all grades range from beginner to advanced and everything in between. Rules start at basic for Pre-K and advance by grade. As players advance in grade, some players advance their baseball skills faster than others, some advance in the early grades and some advance in later years. The CDC*

*tries to balance teams in the in-house program so that all players can develop their skills. It is the duty for each coach to try to arrange practice drills so that players at all levels on their teams are challenged.*

*For players who demonstrate advanced skills and abilities, we have All-Stars and Rec Plus starting in the 1<sup>st</sup> Grade. Pups {Advanced Travel} start in the 2<sup>nd</sup> Grade. All-Stars, Rec Plus, and the Pups are for players with advanced skills as well as the desire and commitment {both time and money} to play in a more competitive baseball setting. We feel that these three avenues provide the best environment for all of our players to grow and develop.*

*The Commissioner's position is a preference that players in the recreational league play within their current grade in school and not be allowed to "play up. Players are allowed to play up based on the following sequence: Pre-K can play to K if it is the player's second year of playing; K can play up to 1<sup>st</sup> if it is the player's third year of playing; 1<sup>st</sup> can play up to 2<sup>nd</sup> only if it is a sibling situation as noted below or the parent coaches..*

*In addition, players may play up if their birth date is before May 1, where it would affect their eligibility for All-Stars and Rec Plus, and for siblings who are allowed to play one grade up to be placed on the same team for parent convenience.*

**Pre-K:** *Players must be of age anticipating enrolling in Kindergarten next fall*

**Kindergarten:** *Players must be in Kindergarten at the commencement of the baseball season (spring).*

**1<sup>st</sup> Grade:** *Players must be in 1st Grade at the commencement of the baseball season (spring).*

**2<sup>nd</sup> Grade:** *Players must be in 2<sup>nd</sup> Grade at the commencement of the baseball season (spring).*

**All-Stars (1st Grade):** *Late/Post season activity and at additional cost (time and money).*

## **Team Selection Process**

### **Pre-K Kindergarten and 1st Grade Leagues**

*We will try to limit the number of children on each team to 12-13. Once the coaches are selected, teams are put together through a random sort and draw within each league. Requests will be reviewed. Consideration will be given when a parent is volunteering to coach assistant coach, or sponsor. Honoring special requests when dealing with child safety or development will be reviewed by the league commissioner.*

***The Commissioner has the final decision on special requests.***

### **2nd Grade League**

*All children who participate in the 1<sup>st</sup> grade league were evaluated at the conclusion of the previous season. Teams are then assembled based on the ratings of the previous year with an effort to balance out the teams as best we can. New children to the league will not have to be evaluated; their assignment will be done at random.*

*Very few requests can be honored at this age level as we try to keep the teams balanced. Our goal is to have 12-13 players on a team*

*Please note that as each player starts the 3<sup>rd</sup> grade and higher baseball program almost no special requests are honored. Players are rated and placed on a balanced team. The only exception to this rule will be a coach having the ability to have his own child on his/her team.*

***Weather: A program of this size makes it impossible to notify everyone about postponed/cancelled practices and games due to inclement weather. Your coach should be your first point of contact if you have any question before leaving for a game or practice.***

*Coaches have the discretion of calling off practices (due to weather or field conditions); however, games can only be called off by the Commissioner (with the exception being a coach calling a game because of lightning). Everyone's safety will be our first concern when cancelling, postponing, or stopping practices and games.*

*Our sources include the CDC website (<http://www.carmeldadsclub.org>)*

*Note: the weather is outside of CDC control. There are no guaranteed numbers of practices or games in our baseball season. Every effort is made to get the maximum available in the season. However, cancelled practices and games will not be rescheduled due to the lack of available facilities.*

*All teams and spectators should leave the fields and seek immediate shelter when lightning is seen.*

***NO EXCEPTIONS!***

## **General Rules and Guidelines**

- 1. We are guests of the school at our facilities. Please treat them as such. Clean up after your teams and families.*
- 2. No pets are allowed at the facilities (for safety and cleanliness).*
- 3. Players must be on time for games and practices. Games and practice times are scheduled closely together due to the size of our program and the limited space we currently have. Players coming late to practices or not attending practices become unfair to the players who do. This sends the wrong message to the players who are on time and in attendance.*
- 4. Supervise your other children who attend the games.*
- 5. Only players and coaches are allowed in the dugouts and the fields (before, during, and after games).*
- 6. Players are expected to wear their uniforms correctly- shirts tucked in, hats with bill forward.*

7. Any coach, player, or spectator displaying un-sportsman like behavior will be asked to leave the facility. There will be no exceptions. Violations of the CDC Code of Conduct will be dealt with appropriately.

8. There will be one scheduled practice and game per week until we start playing games during the week (when school is out) and then we will NOT practice.

9. At the conclusion of each game, both teams will help pick up trash and place it in the appropriate containers. Leave the fields the way you found them.

## **Picture Day**

Each season the CDC arranges a picture day, usually within the first month of the season. We encourage everyone to participate in the team photographs so that we may provide it as a thank you to our sponsors. Individual packages are offered as well, however there are no obligations to purchase them.

## **Equipment**

CDC provides each participant/ team with the following:

1. Baseball hat
2. Team shirt
3. Baseball socks
4. "T-ball" bats {Pre-K and K}
5. Batting helmets (coaches will have some)
6. Catchers equipment (leagues that need it)

Parents are to provide the following:

1. Baseball pants {white}
2. Baseball mitt
3. Sports shoe (cleats optional- metal not allowed- tennis shoes do fine)
4. Baseball bat {1<sup>st</sup> and 2<sup>nd</sup> Grade - optional, bats are also provided by CDC}

## **Guidelines for Minor League Baseball Coaches**

*The keys to a successful program from the coaching perspective mandate that a coach (includes assistants and anyone who assists):*

- *Submit to and pass the CDC background check before the start of the season (forms available from the CDC office).*
- *Read, understand, live up to, and enforce the CDC Code of Conduct Policy agreed to at online registration.*
- *Know the rules for your league.*
- *Show up on time, end on time, and set an example for others.*
- *Treat each player fairly and impartially. Placing your son or daughter ahead of the team will cause you problems and contribute to bad feelings among other players and parents. Equally important is the reverse scenario where you require more of your child than that of the other players.*
- *The mission of our program is to provide recreational baseball for all who wish to participate. You should never over emphasize winning as your team's goal. It is the coach's responsibility that this attitude is known and followed throughout his or her team (including parents). Remember these are children learning to play a game.*
  - *Under NO circumstances will any coach ever verbally or physically abuse a player. Any coach who attempts to embarrass a player or in any way abuses a player will be IMMEDIATELY removed from their role as a coach. Any persons who do not share this belief or cannot control their emotions and intensity level should not serve as a coach.*
  - *A coach is, in reality, a teacher, and as such should learn and understand the level of skill of each of their players and should adjust their "coaching plans" so that each player is able to learn at their pace and be challenged. This may mean throwing harder or softer to each player, pairing players of like skills, hitting harder to better players, etc.*
  - *As a coach you will be required to actively participate in the general maintenance of the facilities.*
  - *The coach will take responsibility of safeguarding our equipment and facilities. You will be fully informed of the rules and safety procedures and will help enforce the adherence to these rules. Your team equipment will only be used for CDC games or practices. The equipment shall never be loaned or used without proper adult supervision. Lost or willfully damaged equipment will be the coach's responsibility.*

## CDC Pre-Kand Kindergarten Rules

*The goal of this league is to promote the learning of basic baseball skills while providing the participant with an organized, fun experience. No league standing or scores will be kept. Winning is not emphasized.*

1. Games will consist of a maximum of 4 innings or a 1 hour 15 minute time frame. No new inning may start after the time limit has been reached.

2. Every player will play the field and bat in every inning. Fielders in excess of regulation infield will play in the outfield (no catcher). Coaches are required to rotate infielders and outfielders each inning so that during the course of the season each child should play an equal amount of time in the infield, outfield, and most positions (safety factors will be considered for some positions).

3. Coaches will determine from practice and previous games whether a player starts hitting from the "batting T" or gets live pitches first. Only four pitches are allowed and if the ball hasn't been hit, the "T" then will be used. Due to time limits, this rule HAS to be followed (regardless of quality of pitches or last pitch foul).

4. For the Pre-K league, all batters and runners will be safe, even if an "OUT" is made by the defensive team. Congratulate the players making the play. For the Kindergarten league, if an "OUT" is made, congratulate the players making the play and use positive reinforcement (nice hit, nice run) with the runner but then have them return to the dugout. Although no official outs are kept, this will help the children learn the rules. The inning is over when the last player bats.

5. The runners may advance one base at a time if the ball is hit in the infield. THERE IS NO ADVANCEMENT ON AN OVERTHROW (since there is no score kept, and everyone gets to bat, there shouldn't be a need for excessive running).

6. The coach will pitch underhand or overhand to match the skill level of the player. The coach may pitch overhand kneeling on one knee if it makes it easier for the players to hit the ball. The key at this age is to have the player hit the ball and build confidence. The pitcher will be able to assist the runners and batters when necessary.

**7. The pitcher's helpers must remain behind the pitcher and wear a batting helmet for safety. Move them farther back for better hitters.**

8. Each player will wear a batting helmet when on deck, at bat, and running the bases.

9. A reduced injury factor ball of 1 (RIF 1) or "incredi-ball" will be used in these two leagues.

**10. A "T-Ball Bat" should be used (supplied by the league). NO EXCEPTIONS. This is for player safety.**

11. "Baseball Chatter" is allowed, but only if encouraging to the players own team (i.e. "Let's Go Yankees"), positive in nature, and not directed at anyone on the opposing team (i.e. no "Hey Batter Batter," no "Easy Out, Let's Go Strike 'Em Out").

12. Any coach, player, or spectator displaying un-sportsman like behavior will be asked to leave the facility. There will be no exceptions. Violations of the CDC Code of Conduct will be dealt with appropriately.



## CDC First Grade Rules

*The goal of this league is to continue to teach the baseball fundamentals that were learned in the previous league. We still do not emphasize winning at this level and therefore not official scores or league standings are kept.*

1. All games are 6 innings in length or a maximum of 1 hour and 30 minutes. No top of inning should start after 1 hour and 30 minutes from scheduled start time. If time permits the bottom of the last inning will be played regardless of the score.
2. All players on the team will play in the field each inning. The coach will rotate the players to different positions so those players will rotate from infield to outfield and vice versa. No player will play the same position for more than 2 consecutive innings. This rule suggests that every player play every position during the season. Coaches are to use their best judgment in selecting players to play 1<sup>st</sup> base and pitcher helper to prevent injuries. Never put a child in a dangerous position. Example of this rule: A child will play 1<sup>st</sup> base the first two innings, right field the middle two innings, and 2<sup>nd</sup> base the last two innings. A child will not play 1<sup>st</sup> the first two innings then outfield for two innings then back to 1<sup>st</sup> base for the last two.
3. **In this league only one pitcher helper will be used to promote infield player development. The pitcher's helper must remain behind the pitcher and wear a batting helmet for safety.**
4. All players will bat in rotation with 3 outs or when all players have batted once constituting an inning. There are no called strikes. A maximum of 7 pitches is allowed to each hitter before they are called out. If the pitch is fouled, the batter will get another pitch. No bunting allowed.
5. **Maximum bat length is 28 inches. Maximum barrel size is 2 ¼ inches. NO EXCEPTIONS. This is for player safety.**
6. Each player will wear a batting helmet when on deck, at bat, and running the bases. Catchers will wear the protective gear issued by the league.
7. No infield fly rule.
8. A coach can help a player as to batting, fielding, and running or other coaching functions as often as necessary.
9. When a base runner is on base, they cannot leave until the ball is hit (no leading).
10. Each team shall furnish its own adult pitcher who will pitch the ball overhand. If the batted ball strikes the pitcher, the ball is declared dead and the batter will continue his/her turn. This will not count as a strike or a pitch. The adult pitcher should not instruct base runners while the play is in progress.
11. A play is considered over with no more advancement when:
  - A strike out is recorded
  - Seven pitches have been thrown
  - An infield out is made or batted ball is caught in the air
  - An overthrow of 1<sup>st</sup> or 3<sup>rd</sup> base goes into foul territory

**\*Baseball is in the possession of an infield player who is ahead of the lead base runner or in possession by the pitcher's helper on the pitcher's mound. If the base runner has not passed the midpoint between bases at the time of the infielder's possession, they must return to the last base they touched. The adult pitcher is NOT considered a player.**



12. If the runner leaves the base path to avoid a tag they will be declared out.
13. The defensive team may have two adult coaches in the outfield. The offensive team should have two adult base coaches as well as a dugout coach. No children are allowed to coach on the field.
14. Outfielders have to start the play beyond the predetermined outfield line.
15. No player may bat more than once an inning. Once the last batter hits, play continues until the play is stopped as outlined in rule 11, or an out is made.
16. Both teams will provide a coach who will be their pitcher (umpire).
17. At the conclusion of each game, both teams will help pick up trash and place it in the appropriate containers. Leave the fields the way you found them.
18. A reduced injury factor ball of 5 (RIF 5) is used.
19. All other "Little League" rules will apply if not previously discussed.
20. Only one batter allowed on deck, with helmet.
21. Each team should have a coach behind the catcher to assist on balls not caught by the catcher. The coach then can throw the ball directly back to the pitcher.
22. Coaches should encourage their players to slide in instances where sliding will help to avoid contact. Sliding should be feet-first only unless it is a situation in which the player has over run the base and is "diving" back.
23. There will be no stealing of bases.
24. "Baseball Chatter" is allowed, but only if encouraging to the players own team (i.e. "Let's Go Yankees"), positive in nature, and not directed at anyone on the opposing team (i.e. no "Hey Batter Batter," no "Easy Out, Let's Go Strike 'Em Out").
25. Any coach, player, or spectator displaying un-sportsman like behavior will be asked to leave the facility. There will be no exceptions. Violations of the CDC Code of Conduct will be dealt with appropriately.

## CDC Second Grade Rules

*The goal of this league will again be to teach and build on the baseball fundamentals that were previously learned. While we do not emphasize winning, we do, however, keep score. Another goal of this program is to provide enough training that the children can take the next step to the 3<sup>rd</sup> Grade program.*

1. All games are 6 innings in length or a maximum of 1 hour and 30 minutes. No top of inning should start after 1 hour and 30 minutes from scheduled start time. If time permits the bottom of the last inning will be played regardless of the score.
2. 10 players on the team will play in the field each inning. Normal infield positions are utilized with 4 players positioned in the outfield. The coach will rotate the players to different positions so those players will rotate from infield to outfield and vice versa. No player will play the same position for more than 2 successive innings. This rule suggests that every player play every position during the season. Coaches are to use their best judgment in selecting players to play 1<sup>st</sup> base and pitcher helper to prevent injuries. Never put a child in a dangerous position. Example of this rule: A child will play 1<sup>st</sup> base the first two innings, right field the middle two innings, and 2<sup>nd</sup> base the last two innings (that same child then should play outfield 4 innings in the next game). A child will not play 1<sup>st</sup> the first two innings then outfield for two innings then back to 1<sup>st</sup> base for the last two.  
**3. In this league only one pitcher helper will be used to promote infield player development. The pitcher's helper must remain behind the pitcher and wear a batting helmet for safety.**
4. All players will batting rotation with 3 outs or when all players have batted once constituting an inning. There are no called strikes however 3 swings do equal an out. A maximum of 7 pitches is allowed to each hitter before the player is called out. If the 7<sup>th</sup> pitch is fouled, the batter will get another pitch. No bunting allowed.
5. **Maximum bat length is 28 inches. Maximum barrel size is 2 ¼ inches. NO EXCEPTIONS. This is for player safety.**
6. Each player will wear a batting helmet when on deck, at bat, and running the bases. Catchers will wear the protective gear issued by the league.
7. No infield fly rule.
8. A coach can help a player as to batting, fielding, and running or other coaching functions as often as necessary. The "pitcher" should not be an "active" coach on the field.
9. When a base runner is on base, they cannot leave until the ball is hit (no leading).
10. It will be a ground rule double whenever a batted ball bounces over or through the fence. The rule also applies if the ball is stuck in the fence or high grass around the fence.
11. Each team shall furnish its own adult pitcher who will pitch the ball overhand. The pitcher will pitch from in front of the mound. If the batted ball strikes the pitcher, the ball is declared dead and the batter will continue his/her turn. This will not count as a strike or a pitch. The adult pitcher should not instruct base runners while the play is in progress.
12. A play is considered over with no more advancement when:
  - A strike out is recorded
  - Seven pitches have been thrown
  - An infield out is made

**\*Baseball is in the possession of an infield player who is ahead of the lead base runner or in possession by the pitcher's helper on the pitcher's mound. If the base runner has not passed the midpoint between bases at the time of the infielder's possession, they must return to the last base they touched. The adult pitcher is NOT considered a player.**

13. In the event of an overthrow at 1<sup>st</sup> base that goes out of the field of play, the baserunner may advance as far as 2<sup>nd</sup> base. However, in the event of an overthrow at 3<sup>rd</sup> base that goes out of play, the baserunner must stay on 3<sup>rd</sup> and not advance to home base. If the overthrow to 1<sup>st</sup> or 3<sup>rd</sup> stays in play, the runner can continue to advance until their forward progress is stopped.

14. If the runner leaves the base path to avoid a tag they will be declared out.

15. The defensive team may have two adult coaches in the outfield. The offensive team should have two adult base coaches as well as a dugout coach. No children are allowed to coach on the field.

16. Outfielders have to start the play beyond the predetermined outfield line.

17. No player may bat more than once an inning. Once the last batter hits, play continues until the play is stopped as outlined in rule 12, or an out is made.

18. At the conclusion of each game, both teams will help pick up trash and place it in the appropriate containers. Leave the fields the way you found them.

19. A reduced injury factor ball of 10 (RIF 10) is used in the 2<sup>nd</sup> grade league.

20. All other "Little League" rules will apply if not previously discussed.

21. Only one batter allowed on deck, with helmet.

22. Only team members and coaches allowed in the dugout or bench.

23. Each team should have a coach behind the catcher to assist on balls not caught by the catcher. The coach then can throw the ball directly back to the pitcher. This coach should be a parent and not an older/ younger sibling.

24. Coaches should encourage their players to slide in instances where sliding will help to avoid contact. Sliding should be feet-first only unless it is a situation in which the player has over-run the base and is "diving" back.

25. There will be no stealing of bases.

26. "Baseball Chatter" is allowed, but only if encouraging to the players own team (i.e. "Let's Go Yankees"), positive in nature, and not directed at anyone on the opposing team (i.e. no "Hey Batter Batter," no "Easy Out, Let's Go Strike 'Em Out").

27. Any coach, player, or spectator displaying un-sportsman like behavior will be asked to leave the facility. There will be no exceptions. Violations of the CDC Code of Conduct will be dealt with appropriately.