



2019 Baseball Handbook

Welcome to the Lake Spokane Youth Sports Baseball League!

Thank you for volunteering to coach!

This handbook contains important information regarding game play, baseball rules and league expectations. Please read it carefully and keep it handy throughout the season. By coaching you agree to abide by the rules, policies and procedures in this handbook.

LSYS Contacts

If you have any baseball specific questions, please contact Tim Klein via email at TKlein@9mile.org or (509) 863-8470.

For equipment related questions, please contact Melanie Reynolds at (509) 954-8228.

All other inquiries can be sent to LSYS99026@gmail.com or call Sara O'Laughlin (League Chairman) at (206) 920-1565 or Jenn Klein (509) 714-3906.

The league website is located at clubs.bluesombrero.com/LakeSpokaneSports

The LSYS Facebook page is also a great source for league info.

Coaching Tips

Remember the number one priority is to have FUN while learning the game!

Lead by example, get out there and play!

Keep baseball FUN through ACTIVE PARTICIPATION!

Give short, effective demonstrations while explaining the new activity or skill.

Keep PRAISING players! Give players consistent positive feedback.

Allow players to EXPERIMENT with new positions!

Do not focus on WINNING and LOSING! Make sure you use activities where no one player can be singled out as a winner. Be creative in this aspect during practices and games.

Keep practices EXCITING, FRESH, FUN & CHALLENGING. Avoid static line drills, especially with younger players. Activities where players must line up will allow them to lose focus and interest in the game.

SHOUTING, SARCASM and NEGATIVE feedback from a coach, parent, or spectator should NEVER happen and is not tolerated by the league.

Inclement Weather Policies

Thunder & Lightning Guidelines for ALL contests assigned by IEBU

When thunder is heard or a bolt of lightning witnessed, it is close enough to strike your location with lightning. **Per National Federation of High School Baseball guidelines:**

THE 30 MINUTE RULE

1. Suspend play immediately and take shelter.

a. If you are at a complex where multiple fields are playing ALL FIELDS must suspend play immediately. Please notify all fields.

b. Open-sided structures, especially those attached to or underneath metal fences are extremely unsafe. Many are directly attached to the backstop, the tallest metal object around. Absent an enclosed structure, umpires, players and coaches should go to their vehicles and or bus. Players are not supposed to remain in the dugouts

2. Begin a 30-minute countdown

a. Each thunder event or lightning bolt witnessed during this countdown starts the 30-minute clock over at the 30-minute mark. This rule is in place not only for your safety and the safety of players and coaches. This rule is in place to protect your liability as the official representative of Baseball.

Rain outs will be determined at the field by a league coordinator and/or the umpire. **In the event of inclement weather, the league will post cancellations on the LSYS website (clubs.bluesombrero.com/LakeSpokaneSports) and notify coaches directly.** The League baseball coordinator will do their best to notify coaches of cancelled games prior to game start, but it is a good idea to check the website just in case. If a game is rained out both coaches may coordinate a make-up game. **Rescheduled rainout games must be coordinated with a league coordinator to ensure field space is available and reserved.**

Field Locations

A map of fields can be found on the LSYS website and in your coach binder.

Nine Mile Falls Elementary The baseball field is located on the southwest side of the school.
10102 W Charles Rd, Nine Mile Falls, WA 99026

Lakeside High School The baseball fields are located on the south side of the school.
5909 WA-291, Nine Mile Falls, WA 99026

Lake Spokane Elementary The baseball field is located on the southeast side of the school.
6015 WA-291, Nine Mile Falls, WA 99026

Lakeside Middle School The baseball fields are located on the north side of the school.
6169 WA-291, Nine Mile Falls, WA 99026

Equipment and Uniforms Policy

At the start of the season all coaches will be issued equipment for their team. It is the responsibility of the coach/assistant coach to bring equipment to practices and games. Keep equipment secure for the duration of the season and returned in entirety by the designated date at the end of season. **If equipment becomes damaged or lost, please notify the League baseball coordinator as soon as possible to receive a replacement.** Never use a damaged helmet or catchers gear.

The league provides one complete uniform for each player- hat, shirt and pants. If these items are lost or damaged, it is the responsibility of the player to find a suitable replacement.

Please reinforce to your players how to properly care for equipment and their uniform so that we can continue to keep participation fees as low as possible.

Nine Mile School District Field Policy

LSYS has been granted approval from the Nine Mile School District to use their baseball fields. Please ensure your players and spectators do not jeopardize this privilege. A complete list of the Nine Mile School District facilities rules is available; however, the following rules are most applicable to LSYS use of the baseball fields:

1. To be responsible to the Board of Directors for the use and care of the school property.
2. That the character of the activity will conform with that stated in the application.
3. Whenever a conflict exists between a school function and community use, the school shall have first priority. An approved use permit may be cancelled should a conflict arise.
- 14. Boisterous conduct, profane and improper language, use of intoxicating beverages, and any other immoral, illegal, or objectionable practices will constitute termination of a permit. Smoking will not be permitted.**
15. The applicant for use permit, together with the sponsoring group, shall accept full responsibility for any damage done to school property and hereby agrees to protect, indemnify, and save the Nine Mile Falls School District from all liability resulting from the use of said facility or equipment.
18. Golf practice, flying motorized model airplanes, and operating vehicles are prohibited on school grounds.
19. The maximum number of people permitted in any school facility shall be restricted as indicated by the appropriate fire marshal.
20. It is the sole responsibility of the users of district property to comply with federal, state, and municipal laws and to obtain any permits necessary to conduct a particular activity, including, but not limited to, zoning permits and approvals.

T-Ball Rules

1. Safety first – Safety of the players, coaches and spectators is paramount. Coaches have the responsibility to stop any unsafe act immediately. Be especially vigilant for children around the batter. **Use only the Soft-tee balls** (no hardballs are to be used) **and all runners, batter and on deck players need to wear a batting helmet.**
2. Uniforms – Each player is supplied with one full uniform and individual responsibility lies in taking care of it as the league cannot furnish back up uniforms. Uniforms are to be worn for each game.
3. Don't Keep Score! Tie games are perfectly acceptable!
4. Length of Games – **Each game is limited to 1 hour and 30 minutes.** The field must be cleared at the end of the time limit even if an inning has not concluded. This time **includes 15 minutes for a pre-game warm up.**
5. Number of Innings – **Games will be no longer than 3 complete innings.**
6. Field Clean-up – Coaches are responsible to ensure that their side of the field and areas used by spectators are clean of trash at the end of the game and that bases and balls are returned to the jockey boxes at field.
7. T Ball games will not have umpires; both coaches will share this responsibility and make game play an opportunity to learn the rules of baseball (ie. Continuing to run bases even after an out).

Offensive Team:

At Bat – Coaches tee up the ball; batters are allowed (3) attempts to hit the ball on his/her own before the coach must assist the batter. The whole team bats each inning. Coaches should announce to the fielding team when the last batter comes up to bat. When the last batter hits the ball, all runners should advance to home including the batter. **No on deck circle – the only player with a bat shall be the batter.** The next batter in the order should have a helmet, but not a bat while waiting his/her turn.

Batting Order – Switch the batting order each inning so that the same child does not bat at the bottom of the order each time up.

Coaches -- Use at least two coaches and/or parent volunteers while the team is at bat: one to assist the batter and one to line up the children in batting order and assist the next batter in getting ready.

Running the bases – Runners will remain on the base even if they are out during the play so that they can learn base running skills during game play. Also, on plays where the ball is overthrown in the infield allow the runner to advance one base only.

Defensive Team:

Players on the field -- All players present will play in the field. Use no more than 5 infielders plus the pitcher (all regular infield positions plus one player just behind second base). Keep the infielders back to at least the base line. After the play is over, the closest Coach to the ball should instruct the fielder

(T-Ball Rules cont.)

to throw the ball to the pitcher who should then throw it to the Coach on the opposing team who is helping the batter. Rotate infielders and outfielders after every inning.

Teach Positioning -- Teach the players about positioning ... try not to let them cross the field chasing a ball or bunch up around a base. Teach them how to back-up a play and where to go (cover a base, back up ...) when the ball is not hit to them.

Coaches – Use at least 3 coaches and/or parent volunteers on the field at one time. Allow only one over-throw before stopping the play.

Coach Pitch Rules

Batter: A batter shall be given seven (7) swings to put the ball into play, one extra swing will be allowed if the seventh swing is hit foul.

A batter shall be called out when after hitting the ball and before reaching first base, he or the bat in any way touches the ball while in fair territory. If, in a game a batter throws or wildly slings his bat after hitting (or attempting to hit) the ball to the extent his coach believes other players are endangered, time-out will be called and the coach will discuss the infraction with the batter. If it happens during the game again, the batter will automatically be called out.

The batter/runner will always wear protective helmets. A safety ball will be used.

Batting Order: A continuous order will be used. The batting order will consist of all eligible players. Once established, the order cannot be changed except for injury or players arriving late or leaving early.

Stealing and sliding: There is no stealing allowed. Players are allowed to slide, but head first sliding is not allowed.

Throws from the outfield: Once the ball reaches the infield and is in possession of the infielder, including the pitcher or catcher, runners may not advance.

Overthrows at the bases: Runners may advance one base on an overthrow and at their own risk if the ball remains in play. If an attempt to throw the player out after they advance from an overthrow and another overthrow occurs the play is over and the runner may NOT advance. This means there is only one base and one overthrow that can occur. An overthrow is defined as any ball not caught by a player.

Bunting: There is no bunting allowed. Ball must cross the arch to be in play.

On Deck: There should only be two players from the team that is batting on the field at a time. The batter and the player that is waiting in the on deck circle **wearing a batting helmet**.

Game Period: The official game start time is the scheduled start time. The game consists of (5) five innings or 90 minutes. Coaches need to be prepared and get their teams on and off the field in a timely manner between innings. An inning can be finished out as long as it was started prior to the 90-minute mark.

(Coach Pitch Rules cont.)

Scoring: There is a five (5) run limit per half-inning or three outs, whichever comes first for all five innings.

Players

The catcher: The player shall be positioned at a minimum of three (3) feet behind the batter to avoid injury or interference. The catcher will Always wear a helmet/face mask, chest protector, cup, and shin guards. This rule applies to games and team practices. Catchers must be used defensively and at least attempt to catch the pitched ball. Catchers should be positioned in the normal location behind home plate.

The player pitcher: When the ball is pitched, the player is positioned behind or beside the coach pitcher but never in front of.

The infielders: Each infield player must be in a set position, ready to field the ball.

The outfielders: A team must field at least 3 out fielders and can have up to 4 outfielders if they choose. The outfielders should be positioned as follows if there are 4 out there at the same time. Left field, left center, right center, and right field. No Roving outfielder. Outfielders can back up a throw at the bases but cannot be the main put out man, e. ball is hit to 2nd baseman and left-centerfielder covers second base for a force out. Outfielders play the outfield and should not be placed just past the dirt of the infield.

Game playing time: No player will sit out more than one (1) consecutive inning per game. A coach should ensure that a player rotation carries over from game to game and no one player plays every inning of every game.

Coaches

Dugout: Each team should have a dugout coach who keeps track of the batting order and ensures batters are ready to hit when their turn arrives. This ensures that the pace of the game is not interrupted.

Bases: Adults must coach first and third base and must stay in foul territory in proximity of the base they are coaching. A base coach is not allowed to interfere with the defensive or offensive player. If they do the runner will be called out. The base coach will be the umpire at their respective bases, unless an umpire is present.

The defensive outfield coach: One defensive coach may be in the outfield grass and give instructions to both the infielders and outfielders. This coach is not allowed on the infield and is responsible for making calls at 2nd base, unless an umpire is present.

The offensive pitching coach: The offensive pitching coach shall remain in the pitching area between the pitching plate and home plate, except as may be necessary to allow infielders to field their respective positions. The offensive pitching coach is not permitted to verbally coach or instruct base runners. If a batted ball hits the coach the batter is awarded 1st base and other runners advance one (1) base, if forced (pitching coach should make effort to get out of the way of balls hit back at them).

(Coach Pitch Rules cont.)

Home plate: A coach from the offensive team shall position himself directly behind the catcher when the batter is taking pitches (umpiring from the mound is not permitted). He is responsible for keeping track of strikes, number of pitches, and any calls at the plate (unless umpire is present). The coach is responsible for removing the batter's tee if a runner is attempting to score and may also pick up passed balls to help speed up the game.

Player Pitch Rules

GAME LENGTH: Games are 90 minutes, or 6 innings

PITCHING DISTANCE: 45 ft **BASE DISTANCE:** 65 ft **BALL SIZE:** Regulation

NUMBER OF PLAYERS TO BEGIN: 9 players are allowed; minimum of 7 players must be present to start the game

RUN RULE: 6 runs per inning

OUTS: A team's turn at bat ends after 3 outs or 6 runs scored.

STRIKE ZONE: The strike zone is measured from the top of the letters to the bottom of the knees.

PITCHERS:

1. Maximum of 3 innings pitched per game.
2. Maximum of 6 innings pitched per week.
3. If the pitcher throws just one pitch, they will be charged with having pitched a full inning.
4. Coaches may have two conferences at the mound per inning. On the 3rd conference the pitcher must be replaced.
5. After a pitcher is replaced they may not be reentered as a pitcher during the same game.
6. The pitcher may have 5 warm up pitches between innings.
7. A coach may not have a conference with the pitcher on the mound between innings. If such conference does occur the coach will be charged with a trip to the mound. If it is the third trip the pitcher must be replaced.
8. A coach may change a pitcher at anytime during the game. If a coach replaces a pitcher during an inning both pitchers are charged with an inning pitched.

INTENTIONAL WALK: An intentional walk can be done verbally.

CATCHERS:

1. At all time during a game and practice, all catchers must wear protective gear (skull helmet, face mask, chest protector, and shin guards) that is issued or approved by LSYS.
2. All catchers must wear a hard cup when they are behind the plate or warming up the pitcher.

(Player Pitch Rules cont.)

3. While the pitcher is in motion toward home plate a catcher may not distract the batter in any way.
4. A catcher may not block home plate if they are not in possession of the ball.
5. Catcher on base with 2 outs: see Courtesy Runner Rules.

BATTERS BOX RULE: Batters must keep one foot in the batters box. The umpire will give teams one warning per inning, thereafter, it is a strike.

BATTING LINEUP:

1. All players present at the time when the coach makes the lineup must bat.
2. Players in the line-up, who are no longer available to play will be skipped without penalty for the remainder of the game. The coach must inform the scorekeeper.
3. In the event of a suspended game, the player will bat in the same position in the lineup when the game resumes.
4. Players not in the lineup during a suspended game or come late will be added to the end of the lineup for the continuation of the game. The scorekeeper must be notified.
5. Your lineup must be to the scorekeeper 10 minutes before the game begins. The only substitution the scorekeeper will be concerned about will be that of the pitcher situation. This will be to keep track of the number of innings a player has pitched per game or week.
6. A coach may bench a player for unsportsmanlike conduct, without consequences to the team.
7. No player may sit 2 consecutive innings.

DROPPED 3rd STRIKE: The rule states that if the 3rd strike is not caught by the catcher the batter will be able to run to first base if it is not occupied. Only on the third out will the batter be able to run to first base even if it is occupied. The catcher may tag the runner or throw the ball to first base to obtain the 3rd out.

BALKS: A balk is when a pitcher tries to deceive the runners. After a balk is called, all base runners will advance one base. The umpire will be flexible with the balk rule at the beginning of the season. Listed below are some common balks, but not all balks.

1. A right-handed pitcher may not rotate their front shoulder toward first base while in contact with the rubber.
2. A left-handed pitcher may not cross his front leg over the back leg and then throw to first base. If they cross over their back leg they must go to home plate.
3. They may not take the ball out of their glove more than once while in contact with the rubber.
4. They may not start a forward motion toward home, then stop and throw to a base.
5. They may not pick off to a base that is not occupied.

(Player Pitch Rules cont.)

6. When attempting to use the hidden ball deception trick, the pitcher must not have any feet on the rubber.

7. A pitcher in the wind up position may only step off the rubber with opposite foot, as normal.

8. The pitchers foot is not in contact with the pitching rubber when he delivers home.

INFIELD FLY RULE: IN EFFECT If there are runners on 1st and 2nd and less than 2 outs, the batter hits a routine easy to play pop-up to the infield, it is an automatic out. Therefore, the batter is out. If the infielder drops the ball, the base runners may, but are not forced to advance to the next base. The batter remains out even when it is dropped by the defensive player.

THROWN BATS OR HELMETS: Intentionally or unintentionally will constitute an automatic out.

PINCH RUNNER: Not allowed, since everyone is in the lineup.

COURTESY RUNNER/CATCHER RULE: A courtesy runner is not the same as a pinch runner. A courtesy runner is only used for a catcher getting on or being on base with two outs. The player that will run for the catcher will either be someone that will not play defense or a player that just made the last out. Please make sure it is not one of the next three hitters. The reason for a courtesy runner is to speed the game along. It will give your catcher a longer time to get into their gear and catch their breath. The coach must notify the umpire so they can call an official timeout to make the switch.

SLIDING:

1. All base runners must slide if a play is being made at the base they are running toward.

2. Head first slides are allowed at first base to avoid a tag.

3. No base runner may lower their shoulder to run over any defensive player with the ball.

IMMEDIATE EJECTION from the game will occur for the base runner if this occurs.

STEALING: Players must remain on base until the ball crosses the plate. At that time, the runners may lead off; take a secondary lead, steal the next base and or bases. If the runner leaves the base before the ball crosses the plate, the runner is out.

RUNNING OUTSIDE THE BASE PATH: A runner is out if they take more than two steps outside the base path to avoid a tag. A runner is not out if they take more than two steps outside of the base path to avoid a collision with a player that does not have possession of the ball.

OUT OF PLAY BATTED BALL: Example: If the ball is hit in fair territory and rolls toward the bushes or under the fence and ends up out of play, the runner is awarded the base they are going to plus 1 more. The fielder must raise their hands to show that they have chosen to let the ball go. If the fielder attempts to play the ball, it is considered live, the runner's) may advance at their own risk.

OVER THROWN BALL: One base on an overthrow.

FAKE TAGS: No defensive player may apply a fake tag to deceive a runner. The defensive team will be subject to penalty.