



Glastonbury Little League

Where Everybody Plays

Where Everybody Plays

2026

Baseball

Coaches Manual

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

Version 2026 3.0

CONTENTS

Introduction	Section 1 (Page 3)
Safety	Section 2 (Page 6)
Field Decorum; Player Discipline	Section 3 (Page 13)
Team Equipment/Uniforms	Section 4 (Page 14)
Game Postponements and Cancellation; Rain Make-ups	Section 5 (Page 15)
Player Selection System	Section 6 (Page 16)
Rules Applicable to Tee League Play	Section 7 (Page 17)
Rules Applicable to Minor Coach Pitch League Play	Section 8 (Page 19)
Rules Applicable to Minor League Play	Section 9 (Page 22)
Rules Applicable to Major League Play	Section 10 (Page 24)
Training and Development.....	Section 11 (Page 27)
Ross Field Special Rules.....	Section 12 (Page 32)
Butler Field Batting Cage Guidelines.....	Section 13 (Page 33)
2026 GLL Important Dates.....	Section 14 (Page 34)

SECTION 1

INTRODUCTION

Dear Glastonbury Little League Managers and Coaches,

Welcome to Glastonbury Little League and thanks for committing the time you will be spending working with the youngsters on your team this season . As team managers and coaches, 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 and Coaches 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.***

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

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

Bill Longo

President, Glastonbury Little League

League Contacts

Tees Michelle Dubail, Commissioner 646-320-8713 Michelle.Dubail@glastonburylittleleague.org	Minors Bill Longo, Commissioner 860-985-4423 bill.longo@glastonburylittleleague.org
Majors Juan Ruiz, Co-Commissioner 860-202-8018 Juan.ruiz@glastonburylittleleague.org	Majors Brian Suriner, Co-Commissioner 860-573-4929 Brian.suriner@glastonburylittleleague.org
Umpires Dan Staino, Umpire in Chief 860-307-4737 Dan.staino@glastonburylittleleague.org	Equipment Kevin Graff 860-888-8075 kevin.graff@glastonburylittleleague.org

The manual which follows provide guidelines and rules for the conduct of the league. The playing rules described in this manual for each division are based on methods used 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.

Managers and Coaches Should

1. Reflect an understanding of the age group they supervise.
2. Be aware that they are a role models to their players and opposing 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 a benefit to all 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.

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 manager or 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

SECTION 2

SAFETY

The GLL Safety Officer is Bill Longo, 860-985-4423. The following safety rules apply in all Glastonbury Little League 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. Catchers must wear masks
4. Commensurate with our liability insurance requirements and background checks procedures, only League players, managers, and coaches are allowed to be on the field during practice sessions and games. Managers and coaches must have completed the online Volunteer Application Form and JDP Background check
5. Bats, helmets, and other equipment should be kept well removed from the playing field.
6. 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 .**
7. At no time should horseplay be permitted on the playing field or on the bench.
8. The on deck position is not allowed. Managers and coaches are responsible for implementing this rule. Umpires are instructed to enforce this rule
9. Do not play when lightning or the threat of lightning is present.
10. The League supplies a first aid kit in every field equipment box. Contact the GLL Safety Officer at bill.longo@glastonburylittleleague.org to replenish this kit.
11. Use the supplied surgical gloves in the first aid kit whenever dealing with any open cut.
12. **ACCIDENTS:** Managers and/or coaches should use the first aid kit for minor accidents. In the event of a major accident, 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, notify the parents as soon as possible. Promptly report the accident to the the GLL Safety Officer
13. Promptly report any safety problem and potential safety problem to the GLL Safety Officer
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 kevin.graff@glastonburylittleleague.org Managers and Coaches should find out from parents about any special medical needs, if any, of all their players, e.g. allergies, diabetic, bee stings, etc.
14. Bring the player' phone list at every game and practice in case of emergency.
15. 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.
16. Assure team players are wearing seat belts if you are providing them transportation
17. Smoking and alcoholic beverages are not allowed at any of the GLL ball fields
18. Team meetings during games are to be held in the safety of the dugout, not on the field
19. **NAMES OF PLAYERS ARE NOT TO BE PLACED ON THE TEAM SHIRTS**
20. Coaches are mandated to have completed the LL Child Abuse Awareness Program Course

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 continuous updates on nearby lightning strikes**

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

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

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.
- 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.

Child Abuse Awareness and Reporting Policy

Legislative Mandates

The State of Connecticut and the Federal government both have legislated mandates pertaining to the reporting of instances of Child Abuse by all individuals in positions of interacting with children. The safety and well-being of all participants in the GLL program is paramount. As adults, we want to ensure that the young people playing in our program are able to grow up happy, healthy and, above all, safe. Whether they are our children, or the children of others, each of us has a responsibility to protect them. Unfortunately, there are those who would seek to do harm to these children, to rob them of their right to feel safe and grow up in a free and healthy environment. As a result of the Federal legislation and combined with Connecticut law, those interacting with children must act as mandatory reporters and therefore, they are required to report or cause a report to be made when, they have reasonable cause to suspect or believe that a child under the age of 18 has been abused, neglected or is placed in imminent risk of serious harm.

(Connecticut General Statutes §17a-101a) or where child abuse occurs where a child has had physical injury inflicted upon him or her other than by accidental means, has injuries at variance with history given of them, or is in a condition resulting in maltreatment, such as, but not limited to, malnutrition, sexual molestation or exploitation, deprivation of necessities, emotional maltreatment or cruel punishment. (Connecticut General Statutes §46b-120) or where child neglect occurs where a child has been abandoned, is being denied proper care and attention physically, emotionally, or morally, or is being permitted to live under conditions, circumstances or associations injurious to his well-being. (Connecticut General Statutes §46b-120). With this in mind, we need to better understand what child abuse is.

What is Child Abuse?

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

Physical:

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

Behavioral:

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

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

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

Physical:

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

Behavioral:

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

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

¹ Statistic provided by Childhelp.org

² Statistic provided by Childhelp.org

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)
- 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:

1. Physical neglect and inadequate supervision. Examples of physical neglect:
2. Deserting a child or refusing to take custody of a child who is under your care
3. Repeatedly leaving a child in another's custody for days or weeks at a time
4. Failing to provide enough healthy food and drink
5. Failing to provide clothes that are appropriate to the weather
6. Failing to ensure adequate personal hygiene
7. Not supervising a child appropriately
8. Leaving the child with an inappropriate caregiver
9. Exposing a child to unsafe/unsanitary environments or situations

10. Emotional neglect. Examples of emotional neglect:

11. Ignoring a child's need for attention, affection and emotional support
12. Exposing a child to extreme or frequent violence, especially domestic violence

³ Statistic provided by Childhelp.org

13. Permitting a child to use drugs, use alcohol, or engage in crime
14. Keeping a child isolated from friends and loved ones
15. Medical neglect. Examples of medical neglect:
16. Not taking child to hospital or appropriate medical professional for serious illness or injury
17. Keeping a child from getting needed treatment
18. Not providing preventative medical and dental care
19. 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 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, Bill Longo; bill.longo@glastonburylittleleague.org; 860-985-4423

CT 9 District Administrator: Rick Quirk; rsquirky@aol.com, Phone: 8606148130

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.

EXPEDITING LITTLE LEAGUE GAMES

Managers and coaches are responsible for completing 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
2. **Start your game/practice at the scheduled time .**
3. There are two sets of catchers gear 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.
8. Have your first baseman and centerfielder keep a warmup ball in their gloves for the next defensive inning (applicable divisions)
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 the required equipment for the baseball divisions playing at that field along with bases, ice packs and first aid kits.

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 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.

Managers and/or coaches should notify the League equipment director at kevin.graff@glastonburylittleleague.org if replacements are required at any field during the season.

UNIFORMS

The League 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

UNIFORM/EQUIPMENT PICKUP

Equipment pickup will be held on Saturday, March 21st at Ross Field between 1:00pm and 2:00pm.

Each team must send one coach to Ross Field at this time to pick up their teams equipment (Uniforms may not be ready by March 21st for all teams/divisions)

SECTION 5

GAME POSTPONEMENTS AND CANCELLATIONS

When the weather is questionable, refer to the web site for cancellations and postponements. League administrators in concert with Parks and Rec will use their good judgement 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 a team has no manager or coaches 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 will be appointed by the league for the game.

RAIN MAKE UPS

GLL will make every attempt to re-schedule all games that are rained out or canceled due to poor field conditions. The rookies/tee league director will reschedule games on the website and coaches/players will be notified

The umpire director will reschedule minors and majors games based on umpire availability and scheduling. Coaches/players will be notified of the rescheduled game dates

SCOREKEEPING

Scorekeeping is only kept at the baseball majors division level, it is not permitted in the Rookie/Tee/Minor Divisions. 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.

SPORTSMANSHIP AWARD

Managers and coaches will select one player from their team as a recipient of the Glastonbury Little League Sportsmanship Award. Coaches shall make their selection prior to the completion of the season and will report the selection to the league Commissioner by May 25, 2025

The criteria for this award is as follows:

- Supportive and encouraging of teammates
- Demonstrates respect for opposing players
- Demonstrates respect for the game officials
- Displays enthusiasm for the game of baseball
- Displays loyalty to the team (Game and practice attendance is vital)
- Player is coachable and demonstrates a willingness to learn

SECTION 6

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.

Once the league has created teams and rosters, trading of players between teams is not permitted by coaches 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. 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. It is important that team managers/coaches notify the division director a player leaves your roster so that the waiting list can be accomodated.

Managers/coaches will notify their players of their team assignments as soon as possible following the coaches meeting.

Major League only:

Players will be selected from a common town wide pool in a draft following appropriate tryouts. Team rosters will be chosen by the team manager and coaches during a live draft. Selections will be made based upon the playing ability displayed by the candidates at the tryouts.

Managers and coaches sons/daughters will be placed on their team. The draft round in which they are placed will be determined by the league.

SECTION 7

RULES APPLICABLE TO TEE LEAGUE PLAY

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

1. Games will be 3 innings long or 90 mins, whichever occurs first
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. A player cannot play either the pitcher and first base positions for more than one inning. One swing of the bat constitutes one inning. With a reduced game roster, the number of opportunities for a player to play pitcher or first shall not exceed one more for any other player on the team
 - 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
 - E. 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.
 - F. 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
 - G. A half inning is deemed complete after 3 outs and 8 batters whichever occurs first.
6. All players on the team for a given game are to be inserted in the batting order and will bat in an established batting order.
7. The team's season batting order will be set at the first regular game and shall be maintained on a rotating basis. Specifically, the lead off batter in the first game will be the last batter in the second game and all other batters move up one position. The third game will follow the same rotation and so on for the remainder of the season. Players absent for a game shall not alter this sequence. Use of the scorebook to maintain record of this rotation is mandatory. All players and parents are advised of this rule.
8. Play is stopped when a thrown ball arrives at home plate. See Rule 14 for runner advancement
9. No player shall play no more than one inning than any other player.
10. The infield fly rule will not apply.
11. If 8 players have batted before the third out is made, the half inning shall be considered over. This applies regardless if a team has less than 8 players for the game.
12. 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. A runner shall be awarded one base beyond the base he would have made, in the umpire's judgment, on a ball thrown out of bounds or to the catcher to stop play. That runner must be in motion towards the base however and proceeds at his/her own risk . Out of bounds lines, normally an extension of the backstop, shall be agreed upon by the managers before the game.
 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. No player shall sit on the bench for any consecutive defensive inning.
 17. Six or more players shall constitute a legal number of players to play a game. No use of other teams players (siblings, friends, etc) to fill a roster
 18. Except where they conflict with the above rules, all official Little League rules for Tee League Baseball shall be observed.
 19. Individuals not authorized by the League, i.e., listed on the official team rosters, are not permitted to coach during games and practices .
 20. 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.
 21. Four outfielders will be used in this division. All outfielders must play back at least 15 feet from the outer edge of the infield grass and must not become extra infielders.
 22. Every player is to play a minimum of two innings at a infield position
 23. Infielders must not be more than 3 feet away from the first to second to third basepaths before the ball is hit by the batter.
 24. No head first sliding is allowed when advancing to the next base.
 25. There shall be no on deck batter. The batter shall proceed from the team bench, pick up a bat and proceed directly to the batter's box.
 26. Players must be wearing the League supplied team uniform and hat in order to participate in a game. Failure to do so will be cause for ejection. Additionally team shirts must be tucked in.

SECTION 8

Rules applicable to Minors Coach Pitch & Guidelines

League Philosophy

Glastonbury Little League is dedicated to **player development at every level**. The Minors Coach Pitch Division is designed to be **instructional, safe, and non-competitive**, with an emphasis on learning, confidence, and enjoyment of the game.

Objectives at the Minors Coach Pitch division

- Strengthen fundamental skills introduced in T-Ball
 - Further develop player progression and confidence
 - Emphasize skill-specific learning outcomes
 - Teach proper techniques for essential baseball skills
 - Foster a positive, encouraging, and supportive learning environment
-

Game Format & Logistics

- Games are **5 innings or 2 hours** (whichever comes first)
 - Games may be extended if time allows and **both coaches agree**
 - Players should arrive **at least 30 minutes before game time** for warm-ups
-

Equipment & Safety

- **No on-deck batter activities** are permitted
 - Only the current batter may hold a bat at any time
- All bats must be **USA-regulated** for games and practices
- League-provided bats are available, but players may bring their own approved bats
- Each head coach receives a **key to the equipment box**
- All equipment must be **returned and locked** after every game or practice
- Players must have their own cleats, glove and batting helmet
- The equipment box includes:
 - Hitting tees and bases
 - First aid kit and ice packs

Pitching & Batting Rules

- Pitching is **coach pitch only**
- Coaches should kneel near the **bottom of the pitcher's mound throwing overhead**
- A defensive player stands at the mound (or just to the side of the coach) – **Coaches do NOT field**
- Batters receive **four pitches total**
- If the batter does not hit the ball after four pitches, they will hit from a **tee**
- A coach from the offensive team should assist and guide the hitter
- Each team uses a **single, continuous batting order** for the entire season
- The batting order:
 - Rotates **one position forward each game**
 - Offensive inning ends after 8 batters or 3 outs (whichever comes first)
 - Ensures all players bat in different lineup positions over time
- **No score or statistics** are kept

Catching Rules

- Catching is introduced and practiced at this level
- Catchers:
 - Stand where the umpire would normally be (or slightly behind)
 - Must wear a **protective cup**
 - Focus on stopping the ball and gaining experience
- Place a **bucket** at both the mound and home plate for thrown pitches
- A coach must supervise near the catcher (be a backup to the catch for passed balls)
- While one player may catch multiple innings, **all players should be given opportunities** to catch over the season

Offensive Rules (Base Running)

- Runners **may not**:
 - Take leads
 - Steal bases

- Advance on overthrows
 - Batters remain at **first base**
 - If a ball is hit deep into the outfield, the batter **may advance to second base**
 - The inning ends when 8 batters in the line-up have completed their at bat or 3 outs whichever comes first
-

Defensive Rules

- If three outs are made:
 - Inning is over (no exceptions)
 - When an offensive player makes an out, the player will return to the bench
 - Players should be **rotated through all field positions during the season**
 - Special attention should be given to all players playing first base and pitcher
 - Coaches are encouraged to track positions played after each game to support fair rotation
-

Coaching Positions & Responsibilities

When Offensive Team Is Batting

Coaches should be stationed:

1. At home plate to assist hitters and hand them the bat
2. At the pitcher's mound for coach pitch
3. On the bench to maintain order and prepare the next batter

When Team is on Defense

- Coaches should be positioned:
 - Behind the catcher by the backstop to retrieve balls
 - On the bench to maintain order and prepare the next batter
-

Skill Development Emphasis

- Players should be in the **"ready position" before every pitch**
 - Teach efficient field coverage using the **three-player triangle**:
 - Third base, shortstop, pitcher
-

Sportsmanship

- Encourage positive behavior at all times
- Players and coaches should **line up to shake hands** after each game

SECTION 9

RULES APPLICABLE TO MINOR LEAGUE PLAY

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

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

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

- E. When replacing a pitcher during the course of an inning, a position player must be used, not one from the bench. The replaced pitcher must remain in the Field
6. The team's season batting order will be set at the first regular game and shall be maintained on a rotating basis. Specifically, the lead off batter in the first game will be the last batter in the second game and all other batters move up one position. The third game will follow the same rotation and so on for the remainder of the season. Players absent for a game shall not alter this sequence. Use of the scorebook to maintain record of this rotation is mandatory. All players and parents are advised of this rule.
7. No player shall play in the field one (1) inning more than any other player For every inning missed due to lateness, the player loses one inning of mandatory play .
8. The infield fly rule will not apply.
9. The number of visits a manager or coach may make to any one pitcher is limited as follows:
 - A. A third non injury related, trip to the same pitcher in the same inning will cause the pitcher's automatic removal.
 - B. A fourth visit to the same pitchers in the same game will cause the pitcher's automatic removal
 - C. A manager or coach is prohibited from making a second visit while the same batter is at bat.

10. Pinch runners are to be used only in case of an injury to the original runner cannot continue to play.
11. Adults including managers may not coach in either first or third base coaching boxes. Coaches and managers are not to be on the playing field during the game but must be behind the dugout bench fence.
12. Profanity by Coaches and players is forbidden. Violation will result in immediate ejection from the game and the ball park. The umpire's judgment on profanity is final. Coaches are to assure that players are aware of this rule at the beginning of the season.
13. No player shall sit on the bench for any consecutive defensive inning.
14. Every player must play a minimum of one inning in the infield.
15. Eight or more players shall constitute a legal number of players to play a game.
16. Except where they conflict with the above rules, all official Little League rules for Minor League Baseball shall be observed.
17. A maximum of 5 runs scored is allowed in each offence half inning. This applies for all scheduled 5 innings. If time allows, the game is to continue even though the winning team is determined before the last half of the last inning
18. Individuals not authorized by the League, i.e, listed on the official team rosters, are not permitted to coach during games and practices
19. The League rules apply. Managers are not to develop individual rules. "That's the way we've been playing it" does not justify non-compliance to League rules. Recommendations for new and revised rules are welcome. They are a source for many of the aforementioned rules.
20. If 10 players have batted before the third out is made, the half inning shall be considered over. This applies regardless if a team has less than 10 players for the game. A maximum of five(5) runs can be scored in any half inning including the last inning. The 10 batters max or 5 runs max or 3 outs whichever comes first will complete the half inning
21. Four outfielders will be used in this division. All outfielders must play back at least 15 feet from the outer edge of the infield grass and must not become extra infielders.
22. On Deck Batters are not permitted. The next hitter in the lineup shall proceed from the team bench, go to the bat rack and go directly to the batters box. Players are not permitted to have bats on the bench. Managers are responsible for implementing this safety rule
23. Head first sliding is not permitted while advancing to the next base. A player doing so will be declared out. Diving back into the occupied base is allowed.
24. Players must be wearing the League supplied team uniforms and hats in order to participate in a game. Failure to do so will be cause for ejection. Additionally, team shirts must be tucked in and hat bills must be pointing forward.
25. Coaches must remain inside the dugout during the course of the game.
26. Minor League games that are followed by a subsequent game are to end 5 minutes before the time the next game is scheduled to start. Game situations do not justify exceptions.

SECTION 10

RULES APPLICABLE TO MAJOR LEAGUE PLAY

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

1. Games will be 6 innings long. Four innings must be played to constitute an official game except that 3-1/2 innings shall be an official game if the home team is leading and the game is shortened by rain, darkness, etc. Games tied after 6 innings shall continue until called for darkness or weather.
2. There shall be base stealing. The base runner shall not leave the base until the ball reaches the batter.
3. The home team shall occupy the dugout along first base side of playing field
4. Bunting is allowed. However showing bunt, pulling back and "slashing" is illegal in GLL. If a player pulls back and swings after showing bunt, DEAD BALL and batter is OUT.
5. Pitching rules for any one player are as follows:
 - A. A pitcher cannot pitch on consecutive Calendar days.
 - B. A pitcher removed from the mound may not return to the mound even though he/she may remain in the game at another position.
 - C. A delivery of a single pitch in an inning constitutes an inning pitched.
 - D. A pitcher who pitches to more than 10 batters in a game, may not play the position of catcher for the remainder of that day.
 - E. A catcher who catches for 4 or more innings may not play the position of pitcher for the remainder of that day.
 - F. A catcher who catches 3 or less innings, moves to the position of pitcher and pitches to more than 5 batters, may NOT return to catch.
 - G. Required days of rest are as follows:

Age 11-12 Batter Count	Age 10 Batter Count	Calendar Days of Rest
16-18 Max		4 & 1 Game rest
13-15	7-10 max	3 & 1 Game rest
9-12	5-6	2
1-8	1-4	1

- H. **Game Rest:** a game called BEFORE 1st pitch does NOT count as a game rest. If a single pitch is thrown and game is called by umpires for weather, darkness, or other reason will count as game rest (even if the game is not completed)
6. An 11-12 year old pitcher is limited to 18 batters in any one game and a 10 yo to 10 batters
7. All players on the team are to be inserted in the batting order. That order is to be maintained for the duration of the season and rotated one player every game. Specifically, the first batter in the first league game will bat last in the next game and all batters move up one position. This rotation will be implemented regardless of a player's attendance in any one game. The rotation will not change for post-season play. Failure to comply will result in coaches suspension, progressing to dismissal for repeated non-compliance.
8. Base runners may advance on wild pitches and passed balls.

9. No player shall play one inning more than any other player on his/her team. No player shall sit out of the game for consecutive innings. Every player must play a minimum of two completeinnings in the infield, which includes the catcher and pitcher positions. Any scenario like "1/3rd of an inning in the 2nd then 2/3rd of an inning in the 3rd does not constitute a full inning for infield play purposes
10. The infield fly rule will apply
11. The number of visits a manager or coach may make to any one pitcher is limited as follows:
 - A. A second trip to the same pitcher in the same inning will cause the pitcher's automatic removal.
 - B. A third trip to the same pitcher in the same game will cause the pitcher's automatic removal.
12. Pinch runners are to be used only in case of an injury to the original runner. Player who was the lastbatted out shall be the runner
13. **Coaches or the manager may coach third base with a helmet.** 1st base should be coached by a player (typically the last out of previous inning). Coaches and managers are not to be on the playing field during the game but must be behind the bench fence (unless coaching 3rd base). 3rd base coach shall not be keeping score. **2 coaches required in the dugout at all times.**
14. No player shall sit on the bench for any consecutive defensive inning
15. Eight or more players shall constitute a legal number of players to play a game.
16. On Deck Batters are not permitted. The next hitter in the lineup shall proceed from the team bench, go to the bat rack and go directly to the batters box. Players are not permitted to have bats in hand while in the dugout. Managers are responsible for implementing this safety rule.
17. Head first sliding is not permitted while advancing to the next base. A player doing so will be declared out. Diving back into the occupied base is allowed.
18. Players must be wearing the League supplied team uniforms and hats in order to participate in a game. Failure to do so will be cause for ejection. Additionally, team shirts must be tucked in.
19. **GLL will play "uncaught 3rd strike" rule (please see LL rulebook for specifics)**
20. Except where they conflict with the above rules, all official Little League rules for Major
21. League Baseball shall be observed.
22. If a team has a 15 run or greater lead after 4 innings or 3.5 innings in the case of a home team leading, a mercy rule is in effect and the game shall be called complete
23. A batter shall be ruled OUT if he/she follows a fake bunt or an attempt to bunt with an attempted swing to hit the ball on the same pitch. The rule applies regardless of whether the ball is hit or not.
24. Moving a player the bench is a no-no. Moving a player from the infield (2nd base with pitcher), no problem. Switching an outfielder to the infield(CF with pitcher) during the inning is OK but neither one of them is credited as playing the infield
25. No metal spikes are allowed
26. Games are to start promptly at the scheduled time. After a 15-minute grace period from the scheduled start time, a team with less than 8 players shall forfeit the game. In such a case, teams are encouraged to play baseball by equally dividing the players in attendance.
27. Games are to be played with a minimum of 8 players. If less than 8 players are previously known to be not attending a particular game, the affected Majors manager may submit a request to the League Commissioners for a one game call up of a 10 year old Minor Leaguer.

Major's managers and coaches are not to recruit and call up minor league players on their own. Doing so results in forfeiture.

28. The coaches of each team are responsible for maintaining a scorebook for each game the team participates in. The coach should score the opposing team's line-up.
29. After the completion of the game, all managers are to report their game scores to the Juan Ruiz at juan.ruiz@glastonburylittleleague.org. Scores should be reported the evening of the game played so the league may maintain updated standings on a weekly basis. League standings will be updated on the Glastonbury Little League website.
30. Games that run the full official game length and are tied shall be continued into extra innings and only called for darkness or weather. Games called before they reach official game length (4 innings or 3and1/2, if the home team is ahead shall be continued at a later date, all pitching rules apply on a game day basis. Games that end in a Tie will be counted in the league standings as a tie.
31. The winning team manager is to email game highlights for the Citizen to Juan Ruiz at juan.ruiz@glastonburylittleleague.org as soon as possible after the completion of the game. Manager should be prepared to report the score and a few brief highlights from both winning and losing teams. During the course of the season, get every player's name in the highlights at least once. DO NOT SEND DIRECTLY TO THE CITIZEN
32. Every precaution should be taken to avoid situations that warrant the protesting of a game. Protesting a game must be a last resort. When a protest situation is recognized the umpire must be notified immediately (before the next pitch) in a civil manner. The umpire will pause the game and contact the Umpire in Chief Dan Staino at 860-307-4737. The protesting manager must also submit their protest in writing via email to the Umpire in Chief and major league commissioners within 24 hours after the affected game. Only an infraction of the rules can be grounds for a protest. Judgment calls by an umpire cannot be protested.
33. GLL will participate in the Little League All Star tournament following the spring season. It is the intention of Glastonbury Little League to have (2) teams at the 10U, 11U and 12U All Star divisions. All Star players will be selected by the league after tryouts of all nominated players. Managers and coaches should encourage players that are nominated to try out. Players who try out for the All Star Team must be willing to meet the practice and game obligations. Candidates must have participated in a minimum of 75% of eligible complete games for their team during the regular spring season

SECTION 11

TRAINING AND DEVELOPMENT

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

Rookie League Skills

Rookies are to be taught to use a level swing that produces line drives or hot grounders. Upward swings may be successful hitting off the tee, 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.

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 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***

TEE League Skills

Tee Leaguers are to be taught to use a level swing that produces line drives or hot grounders. Upward swings may be successful in Tee League 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 element in a proper baseball swing. The players should be taught to hit to various positions by moving up or back in the batter's box. This begins the development of a pull swing, in and out swing and a beginning to baseball strategy.

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 ensuing throw.

Players are to be taught to field grounders with two hands with the glove down while waiting for the ball to arrive. They should be instructed to take small step forward as the batter starts the swing. This prepares them physically and mentally to field the ball.

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

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.

Aggressive base running should be instilled in the players. Players should be instructed to not "play checkers" on the bases, i.e. not stop at every base to look. Base running wisdom is learned over time and running outs will occur along the learning curve. Advise your players to evaluate the defense on their own so that they can make their own base running judgements

Baseball Knowledge: Players should know what a force out at all bases 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. The concept of tagging up after a fly ball catch should be introduced. Throwing ahead of the lead runner should also be introduced. Throwing to home plate just to stop play is to be discouraged.

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***

Minor League Skills

Hitting:

Players should be taught the following hitting skills:

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

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

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

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

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

Bunting:

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

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

For advanced hitters, teach them to bunt to positions.

Catching Fly Balls:

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

Fielding Grounders:

Center the ground ball with the body if at all possible.Keep the glove down while awaiting on the ball. If possible the throwing foot should be slightly forward. Encourage the players to field with soft hands and not swipe at the ball. The fielded ball is brought up to the stomach with the head down watching the ball and glove being tucked into the belly button while the feet initiate the throw.

Throwing:

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

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

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

Pitching:

The five basic steps to pitching should be taught to all players. These will be covered at the Managers' meeting. A pitcher should be advised to change speeds occasionally to keep the batter off stride. Care must be taken not to overuse a young pitching arm. A pitch count should be taken during games. 50 to 60 pitches is more than enough for a 8 thru 10 year old arm.

Base running:

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

Stealing:

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

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

Relays:

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

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

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

Catcher :

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

The catcher should be encouraged to make every throw back to the pitcher accurately. Overthrows delay the game, put the pitcher off stride and creates bad habits that are carried over to the Major League where runners can steal on bad throws. Coaches should start teaching how to frame a pitch. Cover first on a grounder when no one is on base.

Defensive positions:

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

Baseball knowledge:

Players should learn the following:

When to tag up

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

When to back up plays

Basic concept of baseball signs and their use...again use your base coach.

Throwing ahead of the lead runner. not to the pitcher to stop play

Learning to think ahead while on defense i.e. "What will I do if the ball is hit to me?"

SECTION 12

Richard H. Ross Field Rules

Over 100 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, managers and coaches must observe the following rules:

1. Players, Managers and Coaches are to remain within the dugout during the course of the game except to enter and exit the dugout (Does not apply to the Rookies Division. Managers and coaches are to lead by example.
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. Tee League games are to start by 5:00pm and end by 6:30pm. 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.
5. Rain water on the infield is not to be squeegeed onto the grass.
6. The scoreboard shall not be operated other than League approved officials and will nly be used for majors baseball games.
7. Players, coaches and fans are not to enter the concession stand or the upstairs storage level. Only the Stand Manager and workers are allowed in the concession stand
8. 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
9. All field equipment must be returned to the field equipment box after the completion of each game. The box must be locked.
10. Pre-Game skills sessions are not to be conducted at games held at Ross Field

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

SECTION 13

Butler Field Batting Cage Guidelines

All minor and major league baseball teams will have scheduled practices at these cages during the season. It will be the responsibility of all players and coaches to keep the batting cage facility in excellent condition for players who will play on it this season and in the future. Unauthorized use of the batting cages is strictly forbidden. The cages can only be used when staffed by a GLL Cage Equipment Operator(CEO)

There are two batting cages:

- Batting cage number 1 has a permanent pitching machine that is housed in an all season shed. No set up is required. Helmets and special balls will be stored in the shed for use when conducting batting practice
- Batting cage number 2 will be for open use – Coach pitch or for pitching instruction....

All players and managers must observe the following rules:

1. Use of the batting cage is only allowed when authorized Glastonbury Little League CEO is present
2. Only one player is allowed in the batting cage at a time. (except when picking up baseballs)
3. Only the batting cage balls are to be used with the pitching machine. Coaches are not to use team practice balls
4. There is absolutely no warm up swinging of bats allowed outside the batting cage.
5. Players waiting outside the batting cages shall sit in the bleacher seats located outside the cages.
6. Only authorized Glastonbury Little League CEO's are allowed to supervise batting cages
7. Little League players will not operate the pitching machine
8. Parents are not to enter the batting cages
9. Players and coaches are responsible for keeping the area around the batting cages clean. Cups, bottles, wrappers, etc must be removed and placed in nearby trash barrels
10. At the conclusion of each batting cage practice, the manager is responsible for collecting all balls and returning them in the storage shed along with the helmets

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

SECTION 14

GLASTONBURY LITTLE LEAGUE

2026 IMPORTANT DATES

- **3/23/2026 – Spring Practice Season Begins All Fields (field readiness dependent)**
- **4/25/2026 – 2026 Games Begin All Fields**
- **4/25/2026 – 2026 Opening Ceremony at Ross Field 6:30pm**
- **5/15/2026 – GLL Night at the Yard Goats (Tickets will be sold online)**
- **5/17/2026 – GLL Photo Day at Gideon Welles Gym**
- **6/14/2026 – GLL spring season ends**