



Orleans Little League Baseball

Spring Instructional Season

Coach Pitch Rules and Regulations

Objective

The goal is to encourage participation and good sportsmanship. The focus will be on safety, fun and instruction. There will be no umpires on the field and no scores kept.

Format

Coach Pitch uses 3 fields: Scala , Centennial and Chapel Hill. Maps are available on the OLLB website at www.orleanslittleleague.ca

The season runs for 8 weeks from late April/early May to mid-June and teams will play twice per week for a total of 16 games. Rain-outs will not be rescheduled (4 extra games were built into the schedule to cover this).

Players are expected to be at the field dressed and ready for practice at 5:45 p.m.

Mandatory practice drills will be held from 5:45-6:30 p.m. These must be completed by both teams before a game can begin.

Games will be held from 6:30-7:30 p.m. No new inning can start after 7:30 p.m.

Role of the Parents

A responsible adult must accompany each player and remain at the park for the duration of the practice/game. No child should ever be left alone.

No parents are allowed on the field or in the dugout unless they have submitted a valid police record check and volunteer form.

Parents are asked to inform team managers if their child will be unable to attend a practice/game.

Parents are encouraged to praise and cheer on the players of both teams. Please DO NOT coach the players from the bleachers – this will interfere with the work of the coaches and only confuse the kids.

Dress Code and Equipment

All players, managers and coaches must wear the supplied uniform and hat, as well as long pants (no shorts) and running shoes/cleats (no sandals). Players wearing shorts and/or sandals will not be allowed on the field. No jewelry should be worn on the field or in the dugout (with the exception of Medic Alert bracelets or necklaces).

Players should also wear a jock/jill and bring their own glove, helmet and water bottle.

Bats, balls, bases and catcher's equipment are provided at each field; therefore, it is unnecessary for players to bring their own.

Please dress according to the weather. A long-sleeve shirt or jacket to wear under the t-shirt provided might be a good idea, particularly in early May. It could be 20°C at 5:00 p.m. but the temperature may drop quickly after 6:00 p.m.

Rain-out and Lightning Policy

When the weather is questionable, team managers will contact each other in advance to confirm or cancel a practice/game. Contact should be initiated after 4:00 p.m. and a decision made by 5:00 p.m., in order to leave time to inform the parents. Parents should not expect a call/email before this time. If you do not hear from your team manager, assume that the practice/game is still on and proceed to the park as usual. Usually only a very heavy rain or a steady rain for days will make conditions poor enough to cancel.

All practices/games must be cancelled or called in the event of a thunderstorm with lightning. At the first sign of lightning by a player, parent, coach or manager, everyone is to immediately leave the field for shelter.

Rules of Play

This is an instructional, non-competitive league. No individual or team statistics will be kept.

There is no on-deck circle; players must stay in the dugout behind the fence until their turn at bat. All batting players must wear helmets.

Managers will establish a batting order for the players and assign field positions on a rotational basis prior to each game.

Coaches pitch to their own team. Pitches should be thrown overhand and at a hittable speed and location. The goal is for players to make contact with the ball.

Rules of Play (continued)

All players will bat each inning unless the opposition makes 3 outs first. An inning is completed when there are either 3 outs or the team has gone through the batting order. Last batter in an inning should always be announced. Games typically last 3-4 innings.

Walks are not allowed. Each player will be thrown a maximum of 5 pitches per at-bat. If a player fails to hit a fair ball in 5 pitches, he/she will return to the dugout and be counted as an out. If the player fouls the 5th pitch, he/she will receive another pitch (cannot be called out on a foul ball).

Players hit by a pitch will automatically advance to first base.

There will be no automatic outs for teams fielding less than 9 players.

Players can run more than 1 base at a time; however, stealing is not allowed.

The catcher must wear the equipment provided (chest pad, helmet and shin guards).

All players and coaches must shake hands after the game.

MOST IMPORTANTLY, HAVE A FUN AND SAFE SEASON!