

SSLL 7 yr. old Division (coach pitch/kids pitch) SSLLonline.com

General Rules & Procedures

Safety

- Weather – if lightening is nearby - get off the field immediately and bring kids to a safe area
- If condition of field is unplayable do not risk injury by playing-use your judgment, discuss with other manager/coaches from both teams before playing
- No players should ever be swinging a bat outside of being at the plate (no on deck circle and no donuts)
- Know any potential medical conditions of your players (i.e. asthma) and make sure one parent or assigned relative is at the game for the child
- Cups (where applicable) and heart guards are recommended
- Helmets will be available at the field for games but parents may purchase a cage helmet on their own if they choose to
- No food in the dugout. Only water or a sports drink allowed. Avoid squirt bottles for obvious reasons
- A parent MUST accompany a child to/from the bathroom
- Ensure that after the game/practice all children are picked up by a parent or relative

Managers, Coaches and team Coordinators

- Each team is allowed 1 manager, 2 coaches and a team coordinator – All managers, coaches, team coordinators and any one working with the kids MUST complete a background check and be approved before season starts
- Outside of those approved for coaching NO parents are allowed in the dugout or on the field during the game or practice
- There should always be 1 coach or coordinator in the dugout with the kids at all times
- If there's not enough coaches at the game for either team you need to help each other out to fill the void
- On defense, 1 infield coach and 1 outfield coach
- On offense, 1 coach behind the plate , 1- 1st base and 1- 3rd base coach (get 1 coach from the other team so you have 1 coach in the dugout)
- Coaches MUST wear SSLL hats at each game
- No smoking is allowed on the complex

Duties

- Managers may assign parents to rake the field at the end of the game (both teams partake in this task)
- Managers are responsible for taking out and putting back equipment. For last game of day, equipment shed door needs to be locked – bases returned as well.

Pre-Game day

- Schedules are available on our website at www.SSLLonline.com
- You will then have a meeting with your team at the complex (i.e. concession stand) before any practice or games are played. At that meeting the Manager will provide/receive team additional contact info for communication purposes, assign coaches, team coordinators and discuss safety issues, practice time, etc. Team websites are available via SSLLonline.com- please coordinate and request with League Director

Practice Time

- To be assigned on the premises first before season starts
- Thereafter, try to have a practice one time per week

Game Day

- Games will be played at the Page Ave side of the complex, on Perricone Field
- Uniforms must be worn, shirts tucked in, hats on with bill facing front
- Instruct your team to get to the game ½ hour before game time so you can get some practice in and you can be organized with your line up and fielding positions
- All rainouts will be posted to the website. Otherwise the games are on as scheduled.

General Playing Rules

- There are no umpires for this division
- No score should be kept. All games end in a tie
- Games should start on time and run no longer than 1hr and 45 minutes. Game should not end unless the inning is complete or darkness occurs
- Managers should have their team coordinators have the roster available for each game and be in a position to assign the batting order
- Players can throw a maximum of 30 pitchers per game. If you run out of pitchers that can pitch somewhat effectively its ok for the coach to finish the game
- Through week six (may 5th, 2013), coaches will do all the pitching. Kids get a maximum of **EIGHT** pitches. Please, **EVERYONE** follow this rule. If the eight pitch is unhittable give the player one more pitch.
- From week six (may 6th) the players will begin pitching. Players will throw a maximum of 5 pitches per at bat. After the 5th pitch, the coach will throw the next three. If the eight pitch is unhittable give the player one more pitch.
- In the first inning of all games all players will bat (this will change near the very end of the year when hopefully the players take over the game completely). Inning 2-6 (or the 1 hr 45 minute time limit whichever comes first) we will play 3 outs. If a player doesn't make contact with one of the 8 pitches the player will be considered as a strikeout and it will count as one of the outs.
- The Players will take over completely the last three or four games of the season whereby no coaches will be on the field. There will be a first and third base coach for the offensive team in foul territory in the coaches' boxes and no coaches on the field for the defensive team.
- Players cannot advance on overthrows of bases
- Players can advance on balls hit to the outfield at their own risk. Once the ball reaches the infield from the outfield the advancement stops.
- A Coach will pitch overhand to his/her own players. A second Coach will be behind the catcher so that batting instruction can be given to their own player and the catching instruction can be given to the opposing catcher.
- When a player does pitch from the mound he/she must be assisted by his/her own coach receiving instruction to help player deliver pitches around the strike zone.
- A catcher must have full gear on including a catcher's mask anytime they are in the field of play or warming up a pitcher
- A pitcher may warm up between innings (when their team is up at bat). In that case a pitcher **MUST** warm up with a catcher in full gear along with a player with a helmet and glove to protect the pitcher from an errant batted ball or errand throw from the field of play. (The player protecting is usually the player who made the last out from the prior inning)
- Teams will change offense after all players bat through the line-up (rotary) or 3 outs depending on the inning as stated above

- Each player will bat from order 1 through 13 (or however many players you have),
- Player must wear a helmet when batting and on base. Teams will be supplied with an equipment bag which includes batting helmets. Helmets must be the cage type, such as those supplied by the league
- Defense- 9 or 10 max players should take positions in the field. Manager assigns each player to a position- 6 in the infield and 3 or 4 in the outfield. In the event your team is a short a few players you can borrow from the opposing teams some players or you can play with a minimum of seven players.
- Players should be rotated each inning so they get to play the infield and outfield.
- Be selective on who you play at first base- important that that player can generally catch to avoid an injury
- Importance is to teach them the fundamentals of fielding in that position
- Please stress the importance of sportsmanship; respect of coaches and players. Have the kids and coaches shake hands after the game

Equipment

- Baseballs will be provided by the league- they are super soft baseballs
- An equipment bag with helmets and catchers equipment will be provided by the league
- Field bases stored in the equipment shed