

Sno-King Youth Club

Boys & Girls

Pre K – K (Tee Ball)

1st – 2nd (Coach Pitch Option)

2011 Coaches Manual & Playing Rules

SNOKING BASEBALL MISSION STATEMENT

Sno-King Baseball intends to provide an environment where players learn skills, sportsmanship, and fair play as they participate in healthy, enjoyable recreation. Our success in achieving this goal is measured by how the children feel about their contribution to the game when they leave the field.

Everyone Gets to Play ☺ ☺ Everyone Has Fun

COACHES' GUIDE

Field assignments

Field assignments will be issued to the head coach, by written email communication from the Sno-King Youth Club Program Director.

- All fields used by Sno-King Youth Club are the property of other agencies. It is **MANDATORY** that all fields be treated with care and consideration so we may continue to enjoy the use of these fields.
- Leave the fields cleaner than when you arrived.

Equipment

Bats, balls, bases, tees, batting helmets, and catcher's gear are issued prior to the season start date.

- Equipment must be signed out by coach, assistant coach or team parent.
- Each coach is responsible for maintaining the condition of all equipment and informing his or her players about the equipment's safety requirements.
- All equipment must be turned in at the end of the season.

Uniforms

Choices of uniform colors are issued on a first come basis.

The Sno-King Youth Club Board of Directors has voted that all teams participating in Youth Club games **MUST WEAR THE UNIFORMS ISSUED BY THIS ORGANIZATION**, to include hats or visors. **NO** team is allowed to participate wearing any kind of special or different uniforms.

Practice rules

Adult supervision is mandatory at all times.

- It is not advisable for you to allow kids other than your own players on your practice field.
- You, the coach, should be the last person from your team to leave the field – after all of your players have been picked up by their parents!
- Practice only during the time assigned by the league. Additional practice provides a team with an unfair advantage and is unsportsmanlike.
- Do not arrive more than ten minutes before your practice begins and leave at scheduled end-time so that you do not affect other teams' practice or games.

Picture day

The Sno-King Youth Club encourages all coaches and players to participate in team picture day. The pictures help build team spirit and will provide lasting memories for players, coaches, and parents. Team pictures will be taken on a specified day prior to your game. There will be a picture make-up day for teams who missed the first session. Please call the league office to arrange a make-up appointment if your team must miss the original sitting. The pictures will be available for pick-up in the SKYC office by the end of season.

Team parent

SKYC advises each team to have a Team Parent to assist the coach with off-field duties such as; communication, snacks, etc...

Coaches' Conduct

One of the most important functions of a coach is to set an example for the children on their team, as well as for the parents of those children.

- Coaches are expected to behave in a positive and supportive manner toward their own and all other players – AT ALL TIMES.
- Coaches are also expected to participate in the handshake between teams at each game's conclusion.
- Children should be taught to be both good winners and good losers.

Disciplinary Action

The following has been adopted by the league as a guide for the handling of player or adult disciplinary Problems:

- The SKYC board has the authority to suspend, discharge, or otherwise discipline any player, manager, coach, or other person whose conduct is in violation, or noncompliance of the rules and regulations of Sno-King Youth Club baseball and / or is considered detrimental to the best interests of the league.

PLAYERS' GUIDE

Registration

A completely filled out registration form and an appropriate registration fee must be submitted to the Sno-King office. Separate checks or money orders for each child should be made payable to Sno-King Youth Club.

- The registration fee is set each year by the Sno-King Board of Directors and covers the costs of insurance, uniforms, facilities, officials, and administrative costs.
- A family plan is available for those who have three or more children participating in the same sport in the same season. The fee structure requires the first and second oldest children to pay full fees. The third child pays a discounted fee, and any additional younger children play for free.
- Scholarships are available for individual players who are in financial need. Please contact the Director if you are aware of players who may need assistance. A scholarship request form must be completed by the player's parent or guardian and submitted to the Sno-King Youth Club office before the player can be officially considered on the team's roster.

Refund policy:

No Full Refunds are issued. Within the first 2 weeks of SKYC scheduled practices, you will receive your registration fee less \$25. After this, prior to the first game (pre-season or regular) or pictures, whichever comes first, you will receive your registration fee less 50%. Once the first game (pre-season or regular) or pictures has occurred there are no refunds. Visit the website at skyc.net for your sports calendar with specific dates.

PLAYER ELIGIBILITY

All players on a team must meet the grade level/age requirements. If it is determined that an ineligible player has been playing in games, the Sno-King board will review those games to determine whether or not they will be forfeited.

- The coach is considered responsible and accountable for any rules his team violates.

Ineligible Players

A player is ineligible if any of the following are true:

- The player has not registered and paid his registration fee.
- The player is not listed as a member of his or her team's roster.
- The player has transferred from one Sno-King Youth Club team to another without an approved transfer.
- Players may not participate on two Sno-King (same-sport) teams in the same season.

SUPPORTING SNO-KING

Sno-King is a non-profit youth sports organization that does not receive funding from United Way or any other city, state, or federal agencies. All sponsorship donations are tax-deductible.

Team Sponsors

Sno-King Youth Club offers an individual team sponsorship for all sports. This is a single-tiered program offered to teams and companies at \$300 per team/per season (\$200 for any 2nd, 3rd, etc. team sponsorship within the same 12 month calendar year).

\$300 Sponsorship Program:

Sponsors receive:

- Company name (or team name) on the back of team jerseys
- Sponsor Plaque with team photo
- Company name &/or website link on SKYC web site
- Tax write-off for giving to a non-profit!

Scholarships

- A person or business may pay the registration fee for an individual player who is in financial need. Please contact the Sno-King Director if you or someone you know is interested in supporting the participation of one of these youngsters.

We solicit donations from community minded businesses and individuals who want to help us provide a quality service to the children in the area. If you know anyone who would like to donate, please have them contact the Sno-King Youth Club office at (425) 775-2633.

PLAYING RULES

Sno-King Youth Club's Pre –K – Kindergarten **Tee Ball** and 1st grade – 2nd grade **COACH PITCH OPTION** is instructional baseball. It is intended to teach the basic skills of hitting, running and throwing.

Conduct

Players, coaches and / or fans who engage in unsportsmanlike conduct, such as fighting, abusive language, or similarly derogatory activity, may be suspended for one or more games.

Regulations

- Each player on the team must have their registration fees paid to the office prior to their participation in any game.
- **THE PLAYING RULE:** Each player on the team roster must play at least *two complete* innings in the field each game. A player must start at the beginning of an inning and cannot be substituted until the end of that same inning. Goal of the coach is to play all players equally.
- **EXCEPTION TO THE PLAYING RULE:** If a player violates your requirements for practice (unexcused absences, lateness, misbehavior) you have the option of benching that player. This player is to be listed in the scorebook along with the reason he is not playing. **As a coach, you must be sure your players and families understand your expectations and their responsibilities.**
- Any player may re-enter the game defensively on a free substitution basis, as long as each player receives the minimum amount of playing time.
- Late arrivals will be added at the bottom of the original batting order.
- Pre-game warm-ups will not be allowed on the playing field due to tight scheduling requirements. Teams wishing to warm up before a game are asked to go to an unused corner of a field.
- Spectators must remain at a safe distance beyond the baselines, behind the fences, or in bleachers, where available. Hardballs and softballs can cause serious injury to spectators. Coaches are directed to require anyone seated in or near the fields of play to move to a safer location.
- Players not actively participating on the field are to remain seated in the dugout or area designated as the dugout. Horseplay, loud talk, swearing, or any misconduct that disrupts normal play will not be tolerated. This includes "chatter" directed at the opposing team.

Playing Field and Equipment

- The Sno-King baseball diamond is a 50-foot square. The distance between bases is 50 feet. The distance between the point of home plate to the center of second base is 70 feet.
- The distance between the front of the pitcher's plate and the rear point of home base is 38 feet.
- Sno-King baseball uses an Incredi-ball or other safety baseball.
- Metal, graphite, or ceramic bats, manufactured specifically for baseball play are acceptable.
- Rubber cleats are to be used. **Metal cleats are NOT ALLOWED.**
- Players are required to wear the uniform issued by the league whenever participating in a league game. The uniform includes a baseball cap, pants and T-shirt.
- Batters, players in the on-deck batting area, and baserunners are required to wear protective headgear, which gives protection to the top of the head, temples, ears, and base of the skull.
- Catchers are required to wear a mask with throat guard, chest protector, shin guards, and protective headgear, which gives protection to the top of the head when catching behind the plate. A warm-up catcher may wear a fielder's glove and face mask.

The Game

Coach pitch option: Batters hit the ball from the top of a batting tee, or from a pitched ball from the coach.

- A batting order shall be prepared which includes **each player present at the game**. Each player bats according to this order, regardless of when or where he plays in the field.
- If one team has fewer than nine players available at the scheduled game time, the other team may volunteer substitute players from their roster so that both teams have nine players.
- When all defensive players are in their proper position, as signaled by the field coach, a coach will place the ball on the batting tee. If a coach pitches a ball, the coach must make sure all players are alert and ready before making the pitch.
- When the ball is in the possession of an infielder and all play on the runner or runners has ceased, the coach shall call "Time". The ball is dead and shall be returned to the coach who will place it on the tee **or back to the coach for the next pitch**.
- Each half inning ends after either three outs have been made, the fifth run has crossed the plate, or the entire batting order has been up to bat - whichever occurs first. The batting order starts from the batter that was after the last out.
- Games will be on a time limit, no innings are set. The time limit will be **one hour and twenty minutes**.
- Innings started before one hour and twenty minutes shall be completed.
- The Infield Fly Rule will NOT be in effect.

Rain-out Policy

- Games will be called when the coaches determine that games are not playable. Unless you are otherwise notified, your team must appear at the field of play as scheduled.

The Batter

- Batters are to hit the ball off a batting tee or from a pitch, thrown by the coach. The coach may either throw overhand or underhand.
- Batters are not permitted to bunt or swing easy at the ball. The ball must travel at least ten feet into fair territory to be considered a hit. A ball hit inside the ten-foot line shall be considered a foul ball. The ball is dead, and no runners may advance.
- Each batter gets **three pitches** from a coach pitched ball and unlimited attempts to hit the ball off the "tee."
- If a batter throws the bat, and in the judgment of the coach it is deemed dangerous, the batter is automatically out, whether the ball is hit fair or foul, or is missed.
- The on-deck batter must be in the designated on-deck circle, with a helmet on, ready to take their turn at bat.
- Offensive teams may have one coach/adult behind the catcher.

The Runner

• Baserunners are not permitted to steal or lead-off base. They must remain in contact with the base until the ball is hit.

Overthrows:

- Tee Ball: No extra bases on any overthrows.
- 2nd. Grade: One base will be awarded to a player on any overthrow that is out of play. If the ball is Over-thrown and the ball is in play, the player may run to more than one base at their own risk.

Home-Run rule: Hit away. A batter may hit the ball, and run as far as he/she can with the potential of being tagged out. Exceptions would be the dead ball rule and over-throw rule for Tee Ball.

The Defense

- Ten players may be used defensively, with the tenth player playing in the outfield. The four outfielders shall be stationed not less than 15 feet out from the baseline until the ball is hit.
- Rotate players so that each player gets to try different positions.

Coaches

One of the most important functions of a coach, besides teaching skills, rules, and teamwork, is setting an example for players and their parents.

- **Coaches are expected to behave in a positive and supportive manner towards their own and opposing players at all times.**
- Two adult coaches may be stationed on the defensive playing field, beyond the baselines, to provide verbal instructions to the defensive team. **One coach in the infield, and one in the outfield.**
- When batting, adult coaches may be used in either or both the first and third base coaching boxes. Only verbal instruction can be given. Coaches are not to touch a runner or provide any physical assistance. *If physical assistance is called by the opposing coach, the runner will be called out.*
- Coaches or players whose actions result in unsafe playing conditions for their own or the opposing team's players, may be subject to disciplinary action.
- When a runner is on base who can potentially score, a designated adult representative of the batting team must remove the batting tee from the playing area each time a batter hits the ball. The tee must be moved quickly to prevent interference with the fielders' play. If the tee handler does interfere with defensive play all runners must return to the last base they had earned before the interference call.
- Coaches that pitch to their players must remove themselves from the field of play once the ball has been hit. Coaches are to leave the field of play from the third base line, after the ball has been hit in play.

Fundamentals of baseball – make everything a game!

Coaching

- Have a plan
- Discipline
- Be Positive
- Make everything a game
- Make sure the children see you having fun

Throwing

- Thumb under ball... in-line with pointer finger
- Two fingers on top... last two curled alongside ball
- Held in fingers (not in palm)
- Stance: skateboard
- Ball on back thigh... knuckles to the sky

Catching

- Shoulders square to ball
- Above waist...fingers up
- Below waist...fingers down
- Two hand catch...cover-up ball with throwing hand

Hitting

- Bat grip...in fingers (line-up knocker knuckles)
- Stance...shoulder width (pigeon-toed)
- Relaxed, coil...see ball hit bat
- Contact: top hand...palm down, bottom hand...palm up

Base-Running

- Crossover step
- Shuffle-shuffle (fly ball)
- Touch inside of bag
- Straight line...bag to bag
- Round...extra base
- Sliding...feet first: bend knee, back of leg on side of foot

Baseball Knowledge

Positions	Innings (top, bottom)
Outs	Count (balls, strikes)