

West Seattle Baseball

2016

POLICIES, PROCEDURES, & RULES



Inform – Instruct – Inspire!

Policies, Procedures and Rules

for

West Seattle Baseball

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1. LEAGUE STRUCTURE

West Seattle Baseball (WSB) is a youth baseball league that is structured around PONY divisions and rules. The WSB board feels that PONY's approach (rules, field sizes, etc.) is best suited to youth development.

Divisions consist of seven levels:

- Shetland, ages 5 & 6;
- Pinto, ages 7 & 8;
- Mustang, ages 9 & 10;
- Bronco, ages 11 & 12;
- Pony, ages 13 & 14;
- Colt, ages 15 & 16; and
- Palomino, ages 17 thru 19.

WSB league structure and play will operate according to current editions of the following rules:

- Official Baseball Rules;
- PONY Baseball Rules & Regulations; and
- WSB Policies, Procedures, and Rules.

WSB plays by the Official Baseball Rules except where amended by PONY rules or WSB rules. WSB rules trump PONY rules when there is a discrepancy. No other rules, regulations or exceptions shall govern play.

2. REGISTRATION

Members can register and pay online on the league website at www.westseattlebaseball.com. Registration and roster assignment policies for Bronco and Pony divisions are described in Section 2.1. Policies for Mustang, Pinto, and Shetland divisions are described in Section 2.2.

All player registration fees are due no later than seven days prior to the first league game.

2.1 MUSTANG, BRONCO & PONY REGISTRATION & THE DRAFT SYSTEM

All players must register with WSB during the registration period. At the close of registration, the number of teams will be determined by dividing the number of registered players by 12 with the goal to get each team as close to 12 players as possible. The intent of the draft is to promote parity between teams.

2.1.1 A PLAYER EVALUATION will be coordinated by the Player Agent in February prior to the spring season. All registered players are required to attend the evaluation, including coach's kids and expected "keepers." Following the Player Evaluation, the coaches will convene to draft players.

2.1.2 PLAYER ELIGIBILITY To be eligible for the draft, a player must be the appropriate league age and attend the Player Evaluation. There is no guarantee that a player who does not attend the player evaluation will be placed on a team.

2.1.1 ASSISTANT COACH The Head Coach of each team may designate one Assistant Coach. Prior to the Player Evaluation, the designated assistant coach must be approved by the board. The designated assistant coach shall participate in coaching the team for the entirety of the season.

2.1.2 COACHES' KIDS The children of the Head Coach and one designated Assistant Coach will also be assigned to the team.

2.1.3 KEEPERS Players who are kept from previous season, who are not coach's or assistant coach's kids are referred to as "keepers."

2.1.3.5 Each **BRONCO** team may retain up to one (1) players from the previous season, referred to as a "keeper." A team may retain a player if that player 1.) participated in the Player Evaluation and 2.) was drafted by the retaining team at the start of the previous season. Teams may not retain players that were not drafted to their team the prior season (i.e., added to the team post-draft by the player agent).

2.1.3.6 **MUSTANG** teams may not keep any players from the previous season.

2.1.4 PLAYER RANKINGS Following the Player Evaluation, each Head Coach will submit a list to the Player Agent that ranks every player--#1 through the final player. The purpose of this list is to determine an Average Draft Value (ADV) so that coaches' children and "retained players" can be placed on rosters in a way that promotes parity.

2.1.5 AVERAGE DRAFT VALUE The Player Agent will combine the player ranking lists from each coach, dropping each player's highest and lowest rank. The combined rankings will determine an Average Draft Value (ADV) for each player in the league. The ADV will correspond to the round in which they would be drafted, which is based on the number of teams in the league. The ADV for each player will be disclosed to the coaches prior to the draft but the player's actual ranking will not be disclosed.

- For example, the top eight (8) players in an 8 team draft would have an ADV of 1, the next 8 would have an ADV of 2 and so on.
- If coaches' kids or keepers have the same ADV (are ranked in the same round), then the team's first such player will be drafted in the appropriate round. The team will draft the second player in the next round, and so on. The Player Agent will do their best to balance teams with multiple picks in the first four rounds. The teams will be balanced out within the first eight rounds of the draft. Picks will be made up according to this list to keep the sum of ADV's between teams as equal as possible. The Player Agent has final say in how picks will be made up as different scenarios arise
 - One of many possible examples, if a team were to pick one player from each round 1-12, the sum of the ADV would total 78. If a team were to keep three players with an ADV of 1, they would lose picks later in the draft and would have to pick three players in the 8th round of the draft in order to equalize the team ADV.

2.1.6 THE DRAFT

2.1.7.1 DRAFT ORDER OF OPERATIONS

- **LEAGUE APPROVES HEAD AND ASSISTANT COACHES**
- **PLAYER EVALUATION**
- **COACHES SUBMIT PLAYER RANKINGS**
- **PLAYER AGENT CALCULATES ADV VALUE FOR ALL PLAYERS**
- **COACHES RECEIVE RANKINGS FOR *THEIR* RETURNING PLAYERS AND COACHES' KIDS**
- **COACHES IDENTIFY THEIR KEEPER TO PLAYER AGENT ON THE DAY BEFORE THE DRAFT**
- **PLAYER AGENT REVEALS PRE-SELECTED CHOICES (KEEPERS, COACHES' KIDS) TO START THE DRAFT**

- **COACHES DRAFT PLAYERS**
- **TRADING PERIOD**
- **PLAYER AGENT CERTIFIES & POSTS ROSTERS**

2.1.13.1 DRAFT ORDER The order in which teams will select players will be determined by random draw.

2.1.13.2 Picking order is serpentine style (i.e., 1-8, 8-1).

2.1.13.3 UNEVEN NUMBER OF PLAYERS The goal is for each team to have 12 players at the end of the draft. Based on the total number of players, teams projected to have fewer than 12 players will not select a player during the 8th round. The goal is to ensure that each team has the same a similar number of top tier and bottom tier players.

- Example: The draft has 82 players allowing for seven teams (5 teams of 12 and 2 teams of 11). The two teams with 11 players will not draft a player in the 8th round of the draft. Those two teams may get to 12 players from players on the waitlist.

Conversely, if a team is projected to have 13 players, they will receive an extra draft pick in the 8th round.

2.1.13.4 SIBLINGS Siblings will be placed on the same team according to their Average Draft Value if a parent wishes. A parent may also want their children to play on different teams. The league leaves this decision to the parent, though the parent needs to express their intent to the Player Agent prior to the Player Evaluation.

2.1.13.5 PLAYING “UP”

2.1.13.5.1 Players turning 11 prior to August 31st of the current year are eligible to play in the Bronco division. Players who turn 11 after the August 31st cutoff date may tryout to play in the Bronco division; however, if the player is not drafted in the first three rounds of the draft, the player will not be eligible to “play up.” They must play in their age appropriate division.

2.1.13.5.2 Players turning 9 prior to August 31st of the current year are eligible to play in the Mustang division. Players who turn 9 after the August 31st cutoff date may tryout to play in the Mustang division; however, if the player is not drafted in the first three rounds of the draft, the player will not be eligible to “play up.” They must play in their age appropriate division.

2.1.13.6 Players who turn their appropriate league age after August 31st must attend the Player Evaluation and be drafted by a team. These players may be added to a roster as replacement players under dire circumstances (such as if a team loses players due to injury or players that quit during the season). This situation can only be approved by the Player Agent.

2.1.13.7 TRADING Following the 12th and final round of drafting, the Player Agent will open (and eventually close) a draft-night trading period where managers may, if they desire, swap players. All trades require the approval of the Player Agent. Trades must be for players only and rosters should end up balanced. (Eg. No team should end up with +/- one player than any other team.) Trades involving a player for draft choices are not permitted. All rosters are final at the close of the draft.

2.1.13.8 PLAYER WAITLIST The Player Waitlist is comprised of players who registered to play after the draft has occurred. When a vacancy occurs during the playing season a replacement may be placed from the Player Waitlist. That player selected to fill the vacancy becomes a permanent member of that team, governed by the same regulations as all members of the team selected in the spring draft. However that player is not eligible to be retained the following year (under Bronco Keeper Rule), as they were not drafted. Players will be placed in the order in which they registered.

2.1.13.9 SECRECY Players shall never be told the position in which they were drafted.

2.2 PINTO AND SHETLAND REGISTRATION AND THE PRIORITY SYSTEM

Registration in the Pinto and Shetland divisions is a three-stage process: Priority Registration, Open Registration, and team assignment.

2.2.1 PRIORITY REGISTRATION PERIOD WSB uses priority registration to determine the number of teams in each division and to form initial rosters. The WSB Executive Board specifies the duration of the period each year, typically early January through mid-February. While anyone may register during this period, players who completed the previous season in WSB increase their chances of being assigned to their preferred team by registering during this period. (See team assignment policies below).

2.2.2 OPEN REGISTRATION PERIOD Open registration follows priority registration. Players who register during this period are assigned to rosters until all teams have reached maximum capacity. The WSB Executive Board makes this determination based on available resources: fields, coaches, roster spots, etc. Players who register during the open registration period are assigned to teams during third priority placement. (See team assignment policies below.)

2.2.3 TEAM ASSIGNMENT Players are assigned according to three criteria: registration priority, age guidelines, and by order received. Within each priority level, “age guidelines” and “order received” are used to assign players to rosters. For example, “first priority” registrants are assigned on a first-come first-served basis, with priority given to the older players in a division. Then, second priority registrants are assigned in the same manner. Third priority registrants follow. The process, categories, and additional constraints are described in more detail below.

2.2.3.1 FIRST PRIORITY

First priority registrants will be assigned to a roster first. These players:

- Completed the previous season in WSB,
- Registered during the priority period, and
- Chose to stay in the same franchise.
 - Players returning to the same team will have priority over players moving up from the division below.

2.2.3.2 SECOND PRIORITY

Second priority registrants will be assigned to a roster second. These players:

- Completed the previous season in WSB,
- Registered during the priority period, and
- Chose not to stay in the same franchise.

2.2.3.3 THIRD PRIORITY

Third priority registrants will be assigned to a roster after first and second registrants have been assigned. These players:

- Did not compete the previous season in WSB, or,
- Registered during the open registration period.

2.2.4 AGE GUIDELINES Age guidelines are the first tiebreaker for assigning players with the same registration priority level. Within a given priority level, players who completed the previous season in the division for which they are registering are assigned to a roster before players who are moving up. For example, a priority one 8 year old who played Pinto the preceding year will be assigned to the Pinto team before a priority one 7 year old who played Shetland.

2.2.5 In an effort to balance the ages of each team in a division, no team can have no more than 1 older kid than the league average.

- For example, if there are 40 eight year olds in the Pinto division and there are 8 teams, then the average would be 5. No team could have more than 6 eight year olds. The purpose of this rule is to keep teams from having 8 8 year olds, and some having none.

2.2.6 ORDER RECEIVED Every registration received is time-stamped. Following priority level and age guidelines, players are assigned on a first-come, first-served basis. Simply put, players who register first will be assigned before players who register later.

2.2.7 LEAGUE PARITY Competitive balance is a league priority. The Executive Board reserves the right to limit or deny player requests to change teams if such request could create significant competitive imbalance. For example, an all-star player from the previous season who requests to change to a team that already has several (4 or more) returning all-star players may be denied.

2.2.8 PRELIMINARY ROSTER DISTRIBUTION Coaches will receive a preliminary roster at the January coaches meeting which all players from the previous season who are eligible to return or move up from the lower division. This preliminary roster is a resource for coaches to contact players and encourage them register. It does not reflect team assignments. It is not final or binding.

At the WSB general meeting in late February, coaches will receive the first official team roster. The roster will reflect the team assignment process identified above. Only under extraordinary circumstances will players be moved after these rosters have been distributed.

Players will continue to be added until the close of open registration. The Executive Board determines the maximum number of roster slots each season based on registration numbers and league resources. Usually Pinto teams have 12 players and Shetland teams have 7-8. When the teams are full, final rosters will be issued.

2.2.9 EXPECTATIONS AND PROMISES Let it be clearly stated: coaches do not have the authority to assume or promise a roster spot for any player.

The registration and assignment criteria have been developed to promote fairness and confidence in the process. Only under extraordinary circumstances will WSB deviate from these procedures. The Executive Board is the only actor with authority to alter these procedures. It is the final arbiter of roster assignments and may reassign players at any time.

3. SPORTSMANSHIP CODE OF CONDUCT

The West Seattle Baseball Code of Conduct has been adopted by the league Board of Directors. This Code is enforced by the League President, the League's Vice President, and Player Agents. This code of conduct applies to all members of the WSB and spectators. It is to be followed during all official activities. These include, but are not limited to, practices, games and other gatherings.

3.1 GENERAL BEHAVIOR

- 3.1.1 A positive, sportsmanlike attitude towards each other will be used. Everyone will be treated with respect. There will be no foul language, belittling, put-downs, or arguing allowed. Racial, sexual or other negative comments will not be tolerated.
- 3.1.2 Umpires are to be treated with respect. There will be no complaining about an umpire's call. If an umpire hears any negative comments, is questioned in any way, or is treated in any disrespectful way, that constitutes a violation of this Code of Conduct.
- 3.1.3 No alcohol allowed in any parking lot, field, or common areas within a WSB complex or practice field.
- 3.1.4 No swinging bats at any times in common areas outside of the fields of play.
- 3.1.5 No children under the age of 16 are to be permitted to work in the Snack Shack.
- 3.1.6 No throwing rocks
- 3.1.7 During games, players must remain in the dugout in an orderly fashion
- 3.1.8 After each game, each team must clean up trash in the dugouts and around the stands.

3.2 FAN BEHAVIOR/ETIQUETTE

- 3.2.1 Managers and coaches are responsible for the behavior of team parents at their games
- 3.2.2 The umpiring staff will work with coaches to monitor fan behavior and the umpire-in-chief retains the right to suspend or end play if they deem necessary due to inappropriate parent or fan behavior.
- 3.2.3 A parent or fan may be ejected from the field area on discretion of the umpires or designated league officials. If the fan(s) do not exit the immediate area, the umpire will suspend or end play.

3.3 FIELD ETIQUETTE

All participants in WSB games will be governed by the principles of good sportsmanship. Displays of anger, frustration or the demeaning of any player, umpire or official at any time will not be tolerated. Coaches may be ejected from any game for these or other behaviors deemed inappropriate by the umpire-in-chief at any WSB game.

3.4 WSB TOBACCO AND WEAPONS POLICY

In view of our commitment to youth and the development of character, the WSB League Board has determined that certain behavior is essential and non-negotiable. We require etiquette and proper behavior modeling at all times when in contact with parents, athletes and the general public.

Our policy includes zero tolerance for the following:

- 3.4.1** Physical violence or verbal abuse in any form by anyone associated with WSB. This includes violence or verbal abuse between or among players.
- 3.4.2** Possession of weapons or other harmful substances. (The determination of the danger present will be the responsibility of the senior WSB official on-site. This official may be one of the following: umpires, managers, coaches, board members or persons designated by WSB.)
- 3.4.3** The public use of tobacco, alcohol or other drugs at any WSB game or practice by coaches, umpires, league officials or any person associated with WSB. WSB will seek enforcement of all city, county laws or regulations pertaining to smoking at locations where WSB games or practices are held. All parents and other observers will be expected to refrain from smoking and alcohol use at practices, games or any other WSB function at which players are present.
- 3.4.4** Use of alcoholic beverages by umpires, coaches, or league officials prior to or after WSB games, practices or other functions at which players may be present.

Any person found to be in violation of this Code of Conduct by the umpire or league official shall be warned that the offensive conduct must stop at once. If there is a second incident, the offending person shall be asked by the umpire or a league official to remove himself or herself from the game or ball park as deemed appropriate by the umpire or league official. In the event that person does not heed the order to leave, the game will be stopped until that person does leave. If that person still does not leave, the Police will be called to remove that person. When Police are needed, that person will then be banned for the remainder of the season from all activities associated with WSB.

4. SAFETY RULES FOR COACHES AND MANAGERS

The West Seattle Baseball Safety Code has been adopted by the Board of Directors, the league's Vice President, and the Player Agents. All league officers, participants, employees and volunteers are required to abide by this code. It is the job of the Executive Board to make any revisions to the Safety Code from year to year, as necessary.

4.1 SAFETY RULES

- 4.1.1** Responsibility for Safety procedures should be that of an adult member of WSB.
- 4.1.2** All managers, coaches, board members and any other persons, volunteers or hired workers, who provide services to the league and/or have repetitive access to or contact with players must fill out an online volunteer application and pass a background check through Lexus Nexus
 - 4.1.2.1** All teams must have three volunteers pass a background check before they will receive practice times, equipment or uniforms.
- 4.1.3** No games or practices should be held when weather or field conditions are not good, particularly when lighting is inadequate.
- 4.1.4** Managers, coaches and umpires should inspect the play area frequently for holes, damage, stones, glass and other foreign objects. This should also take place before every practice or game.
- 4.1.5** All team equipment should be stored within the team dugout, or behind screens, and not within the area defined by the umpires as "in play."

- 4.1.6 Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- 4.1.7 Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team’s manager or coaches.
- 4.1.8 Equipment should be inspected regularly by the manager and/or coaches for equipment condition as well as for fit. Batters must wear WSB approved helmets during batting practice and games.
- 4.1.9 Catchers must wear a catcher’s helmet, mask, long model chest protector, shin guards and a protective cup with an athletic supporter at all times (males) for all practices and games. NO EXCEPTIONS. Managers should encourage all male players to wear cups and supporters for practices and games.
- 4.1.10 Players must not wear watches, rings, pins, necklaces or metallic items during games or practices.
- 4.1.11 The catcher must wear a catcher’s helmet and mask in warming up pitchers. This applies between innings and in the bull-pen during a game and also during practices.
- 4.1.12 All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented, and thus, endangering spectators (i.e., playing catch, pepper, swinging bats, etc.).

REMEMBER, SAFETY IS EVERYONE’S JOB. Prevention is the key to reducing the accidents to a minimum. Report all hazardous conditions to the Director of Safety or another Board member immediately. Do not play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped at all time, especially catchers and batters. And, check your team’s equipment often.

4.2 ACCIDENT REPORTING PROCEDURES

In case of an emergency, the most important thing is the well being of the child.

The following reporting procedures should be used by all managers, coaches, parents, umpires, and volunteers concerning injuries.

Emergency Phone Numbers:

Police Department	Phone Number
Seattle Police Emergency Number:	911
Seattle Police Non-Emergency Number	206-625-5011

Once the situation is stable, managers, coaches, parents, umpires, and volunteers should promptly report to league officials incidents that require medical treatment and/or first aid, including evaluation and diagnosis by health care professionals. Incidents that cause a player to miss practice or game time should also be reported.

Who to Report to:

League President:	Eric Olson
Cell Phone:	206-854-8656
Home Phone:	206-932-4757

Email: president@westseattlebaseball.com

Incident reports should include:

- Name and phone number of individual(s) involved,
- Date, time, and location of the incident,
- As detailed a description of the incident as possible,
- The preliminary estimation of the extent of any injuries, and
- The name and phone number of the individual reporting the incident.

Important First Aid Do's and Don'ts

Do's...

- Reassure and aid children who are injured, frightened or lost.
- Promptly provide or assist in obtaining medical attention for those who require it.
- Wear gloves (in first aid kit) when treating injuries to prevent unprotected contact with blood or other bodily fluids.
- Know your limitations in providing aid. Always ask for assistance from others if you are unsure of how to treat or otherwise deal with an injury.
- Bleeding must be stopped, the open wound be covered, and the uniform changed (if blood stained) before the player may continue playing.
- Immediately wash hands and other skin surfaces if contaminated with blood or other bodily fluids.
- Clean and disinfect all blood contaminated surfaces and equipment.
- Properly dispose of any dressings or other articles contaminated by blood or other bodily fluids. Report the injury to the Director of Safety as quickly as possible following the incident.
- Carry your first aid kit to all games and practices.
- When administering aid, remember to:
 - LOOK for signs of injury (blood, black and blue deformity of joints, etc.)
 - LISTEN to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe the excited child.
 - FEEL gently and carefully the injured area for signs of swelling or grating of broken bones.
- Have your players' Medical Clearance Forms with you at all games and practices.
- Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have public phones.
- Report any present or potential safety hazard to a member of the Executive Board immediately.

Don'ts...

- Never hesitate in giving aid when needed.
- Never administer any medications.
- Never offer an injured individual anything by mouth other than water.
- Never move or offer anything by mouth to an unconscious individual.
- Don't be afraid to ask for help if you're not sure of the proper procedures (i.e., CPR, etc.)
- Never transport injured individuals except in extreme emergencies and only when an emergency transport by trained, professional personnel is unavailable.
- Never leave an unattended child at a practice or game.

4.3 GENERAL HEALTH

4.3.1 PHYSICAL EXAMS:

With regard to the general health of its participants, WSB League's policy is as follows:

"While physical exams are not required by league policy, we strongly recommend that participants be in good health. If your child has a physical impairment that the league should be aware of, PLEASW note the information on the registration form, and contact the league's Player Agent. Items such as allergies, eye problems, diabetes, etc., will be kept confidential, except that your child's manager or coach will be aware of any problem."

4.3.2 MEDICAL APPROVAL AND RELEASE

Although not required, the Medical Approval and release form is provided to all managers. This form contains vital information regarding the child's current general health, the child's doctor's name, address and phone number, any other special medical considerations (i.e., allergies, etc.). Managers are strongly encouraged to obtain a completed Release form from each player on their team and are instructed to have these forms with them for every practice and game.

While the risk of one participant infecting another with HIV/Aids during league activities is small, there is a remote risk of other blood borne disease can be transmitted. Procedures for reducing the potential for transmission of infectious agents should include, but not be limited to the following:

- Bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before an athlete may participate.
- Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
- Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
- Clean all blood-contaminated surfaces and equipment with a solution made from a proper dilution of household bleach or other disinfectant before competition resumes.
- Practice proper disposal procedures to prevent injuries caused by needles and other sharp instruments or devices.
- Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, resuscitation bags, or other ventilation devices should be available for use.
- Managers, coaches, umpires, and volunteers with bleeding or oozing skin should refrain from all direct athletic care until condition is resolved.
- Contaminated towels should be disposed of or disinfected properly.
- Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings and other articles containing body fluids.

4.4 LYSTEDT LAW

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and in most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • "Pressure in head" • Nausea or vomiting • Neck pain • Balance Problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • "Don't feel right" • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment
Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays lack of coordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can't recall events prior to hit • Can't recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness 	

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussions should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

4.5 EQUIPMENT INFORMATION

- 4.5.1 PICK-UP AND RETURN** You will be informed by your league board of the equipment/uniform pick-up dates and this date will most likely be listed on your season's calendar. PLEASE MAKE EVERY EFFORT TO PICK-UP AND RETURN YOUR EQUIPMENT ON THE DESIGNATED DATE AND TIME. The Equipment/Uniform Managers have time consuming jobs, and having to make a special trip to the equipment room for one coach should not be required. You are welcome to send a parent or assistant coach if you cannot personally make the designated time.
- 4.5.2 CLEANING** It is the coaches' responsibility to clean all of their team's equipment prior to returning it to the league. All garbage and dirt should be emptied from bags. Canvas bags and chest protectors should be washed. Canvas bags, batting helmets and catchers' helmets should

be wiped clean. Please take a little time to do this so the equipment manager does not have to clean the gear for all the teams. If you turn it in dirty, you'll get it back dirty.

- 4.5.3 UNIFORM POLICY** Each West Seattle Baseball team will be provided a uniform by the league. Depending on the division, this uniform may consist of a hat, jersey, undershirt, belt, pants and socks. Each player on the field of play will wear the uniform that has been provided by the league. There shall be no alteration, replacement, or decoration or unique items permanently added to any of the provided pieces (i.e., no player name or sponsor names on the jerseys, unless provided by the league). The only alteration or replacement allowed will be in the case of a sizing problem or deterioration in the uniform. In such case, the uniform piece will be replaced with an item that is substantially the same, meeting the same guidelines as outlined above.

5. WSB LEAGUE RULES

Rules governing play in WSB League games shall be, in order, the [Official Baseball Rules](#) (OBR) as issued by the Office of the Commissioner of Baseball in the Sporting News Edition, except as amended in the [Official PONY Baseball Rules](#) and by amendments adopted by the WSB as allowed by Official PONY Baseball Rules.

West Seattle Baseball has adopted rule amendments for each division (Pony, Bronco, Mustang, Pinto and Shetland) to simplify and improve play. WSB recommends that coaches, players, and parents familiarize themselves with these amendments. Coaches should carry copies of the OBR, PONY Rules, and these amendments for clarification.

5.1 PITCHING RULES

West Seattle Baseball has approved the following pitching plan to develop healthy arms and promote pitching opportunities for a large number of players. Parents and coaches are encouraged to work together to make sure that players are building strength without putting themselves at risk physically. The table below lists the approved limits for Pitchers participating in WSB regular and post season play.

Maximum Number of Pitches by Division

Division	January 1 thru April 30	May 1 thru postseason
Pinto	35/day	35/day
Mustang	55/day	55/day
Bronco	55/day	65/day
Pony	65/day	85/day
Colt	75/day	95/day
Palomino	85/day	105/day

PONY REST DAYS

Number of Pitches	Days Rest	Pitch On	Pitch Again On
0-20	0	Saturday	Sunday
21-35	1	Saturday	Monday
36-50	2	Saturday	Tuesday
51-65	3	Saturday	Wednesday
66+ (after May 1)	4	Saturday	Thursday

BRONCO REST DAYS

Number of Pitches	Days Rest	Pitch On	Pitch Again On
0-20	0	Saturday	Sunday
21-35	1	Saturday	Monday
36-50	2	Saturday	Tuesday
51+	3	Saturday	Wednesday

MUSTANG REST DAYS

Number of Pitches	Days Rest	Pitch On	Pitch Again On
0-20	0	Saturday	Sunday
21-35	1	Saturday	Monday
36-45	2	Saturday	Tuesday
46+	3	Saturday	Wednesday

PINTO REST DAYS

Number of Pitches	Days Rest	Pitch On	Pitch Again On
0-15	1	Saturday	Monday
15-25	2	Saturday	Tuesday
26+	3	Saturday	Wednesday

If a pitcher, in any division, exceeds any threshold during a particular batter and then is pulled from the game, the pitcher may rest the required days for the previous threshold. (For instance, on Saturday if a Mustang pitcher starts pitching to a batter having thrown 32 pitches and finishes the batter having thrown 37 pitches, he would require 1 day rest and could pitch again on Monday.)

Mustang and Bronco pitchers may pitch in more than one game per day as long as they do not throw more than 20 pitches in the first game. The sum of the pitches in both games may not exceed the maximum number of pitches per day.

Players who play in two divisions must abide by the rules in which they last pitched.

The rest period is calculated as calendar days, not 24 hour periods. This rest period begins midnight of the day on which the player last pitched, and concludes at midnight following the required number of

calendar days. So, if a player pitches on Monday and requires two days of rest, he or she cannot pitch again until Thursday.

5.2 BRONCO RULE AMENDMENTS

5.2.1 The entire roster will bat in each game. Players must participate defensively for at least 6 outs per game. Failure of a manager to adhere to this rule shall result in disciplinary action by the Executive Board.

5.2.2 For Regular Season games (excluding the Post-Season Tournament) each team shall field no less than eight (8) players without penalty of forfeit.

If one or more players arrive after the game begins, they shall be placed at the end of the batting order.

The opposing team may, at their discretion, provide a player to take a defensive position so that all defensive positions are fielded. This player, if provided, should be the last batter put out in the previous inning;

Registered, eligible players from WSB may be used by a team who is not able to field nine (9) players for a game if permission is obtained from that players Team Manager;

Players brought in from other WSB teams will not be allowed to pitch.

All teams during scheduled league games will submit their starting line-ups and bat the entire roster without the use of the EH.

5.2.3 PITCHER/CATCHER RULES: A pitcher that throws more than 40 pitches in a game may not then play the catcher position in that game (Threshold Rule Applies). A player that plays the catcher position more than three innings in a game may not then pitch in that day. A player that plays catcher and then enters the game as pitcher, may not catch again in that game.

5.2.4 RUN LIMITS. If the Offensive team is tied or ahead of the Defensive team, the Offensive team may score only five runs per inning. After five runs, that half of the inning will be considered complete. If the Offensive team is behind, it may score until it goes ahead of the Defensive team by five runs. In the seventh (final) inning, there is no run limit. There is no run limit in the Post Season.

5.2.5 GAME TIMES

5.2.5.1 Start time of games shall be that of the published schedule. Failure to commence the game in a timely fashion shall have no effect on game time limitations.

5.2.5.2 No new inning shall be started after two (2) hours of the published start time for games played Monday through Thursday.

5.2.5.3 No new inning shall be started after two and one-half (2:30) hours of the published start time for games played on Friday, Saturday or Sunday.

5.2.5.4 Metal cleats are allowed in the Bronco Divisions as provided under Rule 8.D of Official PONY Rules. Metal cleats are not allowed on the artificial turf fields or pitcher's mounds.

5.2.5.5 In the event that a player or coach has been ejected from the game by a qualified umpire during league or tournament play, said participant will be disqualified from participating in the game in which they were ejected, plus one additional game.

5.2.6 CONDUCT OF PLAY

- 5.2.6.1 NO HEAD-FIRST SLIDING.** Players may dive head-first back to a base. Any player who slides head first will be called out.
- 5.2.6.2 "SLIDE OR AVOID"** – base runners are required to slide or avoid fielders attempting to make a play on said base runners. Failure to slide or avoid: the base runner is out; if, in the umpire's judgment, the slide (or failure to) was done with malicious intent, the base runner shall be called out and ejected from the game immediately.
- 5.2.6.3** No more than three (3) coaches or managers may be on the field or in the dugout during the course of play. Any person actively on the field during the course of a game must be approved by the Board after having filed an On-Field Volunteer Application.
- 5.2.6.4** Congregation by coaches or managers outside the dugout (including down the left or right field lines) will be prohibited during the course of play.
- 5.2.6.5** Coaching players from areas outside of the dugout will be prohibited.

5.2.7 PRE-SEASON, REGULAR SEASON, POST SEASON

5.2.7.1 The Bronco Season can be broken down into three seasons

5.2.7.1.1 PRE SEASON games mostly played in April. These games have no bearing on league standings and are meant for teams to hone their skills prior to the Regular Season.

5.2.7.1.2 REGULAR SEASON consists of a ~10-15 game season played in mostly in May. The Bronco teams may be separated into divisions and all games will have bearing on the standings which will be used to seed teams in the Post Season Tournament.

5.2.7.1.2.1 There will be no ties in the Regular Season. Games called due to darkness or time limit will revert back to the inning in which there is a clear winner.

5.2.7.1.3 POST SEASON is the double elimination tournament which takes place after the Regular Season. Seedings will be determined by 1) Division Winner, 2) Overall Record, 3) Division Record, 4) Head to Head play, 5) Average Runs Allowed during the regular season

5.2.8 MUSTANG PLAYER POOL A player pool made up of Mustang players will be compiled by the Player Agents of the Mustang and Bronco divisions. The purpose of the pool is to temporarily supplement a Bronco team in need of players for any given game but will also serve to give skilled Mustang players experience at higher caliber baseball on a rotational basis.

5.1.7.1 To be eligible for the player pool, the Mustang Player must meet the following requirements:

- Turn ten years old by August 31st of the current year
- Or, be recommended to enter the pool by their Mustang coach

5.1.7.2 The Player Pool will be maintained by the Bronco Player Agent

5.1.7.3 In the event that a Bronco team cannot field a minimum roster (9-10 players), the Bronco coach can contact the Bronco player agent and request a player (or players if

more than one is needed) from the player pool for the game which has a shortage of Bronco players.

- 5.1.7.4** The Player Agent will then contact the player at the top of the Player Pool to see if they are able to play for the Bronco team. Once a Mustang player plays in a Bronco game, they go to the bottom of the player pool.
- 5.1.7.5** Bronco teams must adhere to the minimum playing requirements with the Mustang player.
- 5.1.7.6** A Mustang player filling in cannot pitch in a Bronco game.
- 5.1.7.7** The Mustang player participating in a Bronco game will wear his/her full Mustang uniform unless a Bronco uniform is made available.
- 5.2.8.1.1** In the event of game conflict, the Mustang game shall take priority over the Bronco game.

5.3 MUSTANG RULE AMENDMENTS

The following amendments have been adopted by WSB for play in the Mustang Division:

- 5.3.1** Each player on the team shall play at least two innings of each six inning game. No player may sit more than two consecutive innings, unless being disciplined by the manager, who must inform the parents of the player of such action.
- 5.3.2** When a hitter unintentionally throws their bat, the hitter will be warned. On the second offense, the batter will be called out. On the third offense, the batter will be called out and ejected from the game. On the second and third offenses, the ball will be considered dead.
- 5.3.3 PITCHER/CATCHER RULES:** A pitcher that throws more than 35 pitches in a game may not then play the catcher position in that game (Threshold Rule Applies). A player that plays the catcher position more than two innings in a game may not then pitch in that day. A player that plays catcher and then enters the game as pitcher, may not catch again in that game.
- 5.3.4** Balks are not enforced in Mustang division.
- 5.3.5** No new inning will begin after 2 hours from the game's scheduled start time on a weeknight or if there is a following game scheduled that would be impacted. If no scheduled game would be impacted, no new inning will begin after 2½ hours from the game's scheduled start time. Games will drop dead after 2 hours, 15 minutes after the start of the game on a weeknight. During the league EOS tournament, time limits will not be in effect.
- 5.3.6** Scorekeepers should notify the manager concerned if an ineligible player or improper batter is about to be used in the game. If the scorekeeper fails to prevent the mistake, the normal consequences follow according to the OBR and PONY rules.
- 5.3.7** Each team will supply a scorekeeper. The home team shall provide the official scorekeeper.
- 5.3.8** It is a principle of WSB is not to protest games. Discussions regarding interpretations of our rules will occur between the umpires on the field at the time of play and the head coach from each team. The final decision will be made by the Home umpire.
- 5.3.9 MEDIATION.** When time has been called, a coach or manager may request that the umpire clarify a ruling or interpretation of the rules. The umpire may grant this request, but is not obligated to do so. If the umpire chooses to discuss the ruling with the manager, the umpire retains final

authority and may end the discussion at any time. Judgment calls may not be questioned or mediated.

- 5.3.10** Mustang division pitchers shall pitch from 46 feet, regardless of age.
- 5.3.11 STOLEN BASES.** When the pitcher has control of the ball and is in contact with the pitcher's plate, the runner may not leave the base they are occupying. Runners may leave base when a pitched ball crosses home plate. Runners who leave the base early will return to the base--the pitch will be considered a dead ball and the offending team will be warned. Upon subsequent violations of this rule, runners will be called out and the pitch shall be considered a dead ball.
- 5.3.12** Once a runner, coming off third base after a pitched ball, ceases advancing towards home plate, the runner is obligated to return to third base at his or her own risk. If the defensive team attempts to make a play on a runner or loses control of the ball (passed ball, dropped ball or overthrow, etc.) that runner may then proceed home, without retagging, at their own risk.
- 5.3.13** Base runners must "**slide or avoid**" when coming into a base where a defensive player is attempting to make a play on the runner. A runner who fails to "slide or avoid" may called out by the umpire.
- 5.3.14 HEAD FIRST SLIDING** is not allowed, except when diving back to a base. Players sliding head first will be called out.
- 5.3.15** Defensive players must not interfere with base runners if there is not a play to be made. If a defensive player presents a fake tag in an attempt to cause the offensive player to slide, the offending team will be warned. Upon subsequent violations the defensive player will be ejected from the game.
- 5.3.16** The entire roster will be batted and there is free substitution in the field.
- 5.3.17 RUN LIMITS.** If the Offensive team is tied with or ahead of the defensive team, the offensive team may score only five runs per inning. After five runs, that half of the inning will be considered complete. If the offensive team is behind, it may score until it goes ahead of the defensive team by five runs. More than five runs may be scored in an inning if the additional runs score due to a ground rule double or home run batted fairly over the outfield fence. In the sixth (final) inning, the run limit rule operates the same way except the limit is eight instead of five.
- 5.3.18 15-RUN MERCY RULE.** If the home team is ahead by 15 runs after 3 1/2 innings, or the visiting team is ahead by 15 runs after 4 complete innings, it shall be considered a completed game. Play will stop unless both managers agree to continue play. After 4 1/2 innings a 10-run mercy rule is in effect.
- 5.3.19** The **DROPPED THIRD STRIKE RULE** is **NOT** in effect for Mustang games.
- 5.3.20** The **INFIELD FLY RULE** is in effect for Mustang games.
- 5.3.21 BIG BARREL BATS** are not allowed during league play. Any bat larger than 2 ¼ inches in diameter will be removed from the game and the batter will be called out and the manager will be thrown out of the current game as well as the next.

5.4 PINTO RULE AMENDMENTS

The following amendments have been adopted by WSB for play in the Pinto Division:

- 5.4.1** It is mandatory that each player on the team play in at least two innings of each game and no player may sit more than two consecutive innings unless being disciplined by the manager, who must inform the parents of the player of such action before the game begins.
- 5.4.2** Upon the unintentional throwing of the bat by the batter, the batter will be warned. On the second offense, the batter will be called out. On the third offense, the batter will be called out and ejected from the game. On the second and third offenses, the ball will be considered dead.
- 5.4.3** There is no balk enforced in Pinto play. If an illegal pitch is detected by the umpire (such as delivering a pitch without being in contact with the rubber, dropping a ball while in contact with the rubber, or any other violation according to baseball rules) instruction shall be given to the pitcher as to why their action is illegal, unless in the opinion of the umpire it is done intentionally, then a ball will be added to the ball-strike count of the batter and no advancement of the base runners (if any).
- 5.4.4** No new inning will start after 2 hours from the start of the game on a weeknight or if there is a game scheduled after that would be impacted, or after 2½ hours if no scheduled game would be impacted. Weeknight games will drop dead after 2 hours, 15 minutes. There is no time limit in the EOS tournament.
- 5.4.5** Either score keeper should notify the manager concerned if an ineligible player or improper batter is about to be used in the game, but the failure of a scorekeeper to do so has no effect upon the rules.
- 5.4.6** Each team will supply a scorekeeper. The home team shall be the official scorekeeper.
- 5.4.7** It is a principle of WSB is not to protest games. Discussions regarding interpretations of our rules will occur between the umpires on the field at the time of play and the head coach from each team. The final decision will be made by the Home umpire.
- 5.4.8** Mediation rule. When time has been granted, a coach or manager may request that the umpire allow a mediation (or clarification) of a ruling. This is to be granted at the mercy of the umpire, who is not obligated to honor the request. If the umpire does allow the manager the opportunity to mediate the ruling, the umpire still has the final ruling. No judgment calls may be questioned or mediated.
- 5.4.9** Pinto players will pitch from 38 feet.
- 5.4.10** The offensive coach shall pitch to the batter for the last four innings. A player (from the Defensive team) will be used to pitch the first two innings. If the game goes into extra innings, coach pitch will be used.
- 5.4.11** A batter will be declared out after failing to hit a fair ball after six pitches are delivered by the coach-pitcher unless the 6th pitch is a foul ball, or if the batter reaches 3 strikes (called strikes or swings) before the 6th pitch. Again, an at bat cannot end on a foul ball.
- 5.4.12** Normal catching position will be used for both the coach-pitch and player-pitch.
- 5.4.13** Coaches or managers will pitch from either pitching rubber. Coach-pitchers may squat or kneel when delivering the pitch provided they are in contact with the pitching rubber.

- 5.4.14** The player fielding the pitcher position shall take position always to the rear of the pitching plate, and on the left or right side of the coach pitcher. The player must have at least one foot inside the pitching circle when the ball is pitched.
- 5.4.15** If a batted ball strikes the coach pitcher, it is a live ball and the play continues
- 5.4.16** Player Pitcher Rules:
- 5.4.16.1** Walks are not allowed in the Pinto division. During player-pitch, if a batter has 4 balls in the count, a coach pitcher will finish the at-bat. The player has 4 pitches to finish the at-bat and retains the number of strikes called during the player pitcher part of the at-bat. The batter is not out if the 4th pitch is a foul ball.
- 5.4.17** Dropped third strike is not in effect.
- 5.4.18** Runners may advance until the ball is controlled inside the pitching circle with the defensive player's hands raised and time is called by the umpire. After the Umpire calls time he/she will send the runner(s) to the appropriate base(s). If the base runner is half way or beyond to the next base when the umpire calls time, the runner is granted that base. If not, they must return to the previous base. If the infielder makes a play on the advancing runner before the umpire calls time, the ball remains live.
- 5.4.19** No base stealing is allowed.
- 5.4.20** Run Limits. If the Offensive team is tied with or ahead of the defensive team, the offensive team may score only three runs per inning. After three runs, that half of the inning will be considered complete. If the offensive team is behind, it may score until it goes ahead of the defensive team by three runs. More than three runs may be scored in an inning if the additional runs score due to a ground rule double or home run batted fairly over the outfield fence. In the sixth (final) inning, the run limit rule operates the same way except the limit is six instead of three.
- 5.4.21** 12-Run Mercy Rule. If the home team is ahead by 12 runs after 3 1/2 innings, or the visiting team is ahead by 12 runs after 4 complete innings, it shall be considered a completed game. Play will stop unless both managers agree to continue play. After 4 1/2 innings a 10-run mercy rule is in effect
- 5.4.22** The entire roster will be batted and there is free substitution in the field.
- 5.4.23** The Infield Fly Rule is NOT in effect for Pinto games.

5.5 SHETLAND RULE AMENDMENTS

The following amendments have been adopted by WSB for play in the Shetland Division:

- 5.5.1** The entire team may play in the field.
- 5.5.2** No player shall remain on the bench for more than one inning
- 5.5.3** To encourage rotation of players, no player shall remain at the same defensive for more than two innings, and no player shall remain in the infield for more than two innings.
- 5.5.4** Coaches may pitch to players they feel can hit a pitched ball
- 5.5.5** Coaches may pitch to the batters from any location they feel comfortable pitching from.

- 5.5.6** If a coach pitches a ball, the batter gets 3 pitches to hit the ball. If the batter does not put the ball in play after 3 pitches, the tee must be used.
- 5.5.7** The ball shall be hit off a tee located on or in front of home plate.
- 5.5.8** The home umpire/coach shall remove the tee after each hit and shall replace it there after the play stops.
- 5.5.9** Base runners are allowed to stay on base, even if a defensive out is made on the base runner.
- 5.5.10** Base runners are not permitted to steal or leadoff base and shall remain in contact with the base until the ball is hit.
- 5.5.11** Changing rules for T-Ball is allowed upon mutual agreement of both coaches.
- 5.5.12** Regulation games shall be four innings in duration and no new inning shall start after one hour and fifteen minutes from the scheduled start time of the game.
- 5.5.13** No official score will be kept for T-Ball.
- 5.5.14** Time shall be called immediately in case of an injury- no further play. Batter and runners stop at the last base legally touched unless forced to the next base.

6. UMPIRES

West Seattle Baseball uses parent-volunteer umpires for all regular season League games in the Mustang and Pinto divisions. Our goal is to have our volunteer umpires make the best most accurate well-informed calls possible. It is recommended that each team have at least two certified umpires available for regular season games. Umpires must be certified by the League by attending the annual Umpire Clinic at the start of the season. Certified umpires will be issued an Umpire Card at the Clinic.

For Pony and Bronco games, the home team will supply one field umpire to assist the home plate umpire. If the home team cannot supply an umpire, the visiting team has the option of supplying an umpire.

For all Mustang and Pinto games, each team will supply one umpire. The home team umpire is the head umpire for the game and will cover home plate. Only certified umpires may be the home umpire. If the home team cannot supply a certified umpire, the visiting team's umpire then becomes the head umpire (if said umpire is certified). In the event that neither team can supply a certified umpire, the home team retains head umpire privilege. If a team cannot supply an umpire, the opposing team may supply both umpires for the game.

Please, remember that our umpires are volunteers. They are not perfect. Umpiring is a tough and often thankless task. Most calls made on the field are judgment calls which cannot be argued. The best umpires are consistent and fair regardless of who is on the field. People are bound to disagree with some calls umpires make; those opinions do not need to be broadcast to the players or spectators. Most umpires are willing to listen to questions about calls made if approached in a civil manner off the field of play. Harassment of umpires on the field, either by coaches, players or spectators is not permitted.

If you have any problem with any umpire, get his name (on his League-issued Umpire Card) note the time, place, witnesses and as many facts as possible. Then contact a member of the [Umpire Committee](#). They are here for you as a parent to help make the league and its games run as smooth as possible.

Teenage Umpire Eligibility

- To be eligible to umpire in a Mustang or Pinto game, umpires must complete a West Seattle Baseball training course
- Umpires must work 3 games behind the plate to be eligible to be paid
- An Umpire Review Committee will evaluate the performance of the umpires prior to being paid
- All tournament umpires must have completed the 3 games as well as passed the Review Committee.

7. COACH'S RESPONSIBILITIES

Managers and coaches need to be willing to attend league meetings when requested, participate in WSB functions, work parties, picture day, and be willing and able to spend the time necessary with the team at practice and games. Managers and coaches must submit a background check as required by WSB.

The Manager responsibilities include the following:

7.1 RESPONSIBILITIES TO THE LEAGUE

- 7.1.1** Fill out a Volunteer Application to be a coach or manager each year that authorizes the League to perform a "Background Check" on them as required by the league. Abide by the results of this "Background Check" procedure.
 - 7.1.1.1** It is required by the League that each team have three volunteers submit paperwork for a Background Check. There should be at least 2 adults present at every game or practice, one of which has had a Background Check.
- 7.1.2** Learn and abide by the [Official Baseball Rules](#) (OBR) as issued by the Office of the Commissioner of Baseball in the Sporting News Edition, except as amended in the [Official PONY Baseball Rules](#) and by amendments adopted by the WSB as allowed by Official PONY Baseball Rules. Adhere to their intent and be capable of correct interpretation and implementation.
- 7.1.3** Abide by the WSB Code of Conduct, and Alcohol, Tobacco and Weapon Policy.
- 7.1.4** Read and adhere to the Sportsmanship code of conduct.
- 7.1.5** Reflect the values of WSB in all dealings with parents, athletes, umpires and league officials.
- 7.1.6** Work to assist and support League officials to build an effective umpire program for the league.
- 7.1.7** Attend league clinics on coaching, rules and safety (including first aid training). Be willing to learn more about baseball and how to teach young people the proper way to play the game.
- 7.1.8** Review the safety checklist and comply with these recommendations and rules.
- 7.1.9** Respect all WSB equipment. Pick up and return equipment in compliance with the dates/times set by the equipment manager. Make every effort to clean equipment at the end of the season.
- 7.1.10** Refrain from the use of tobacco and alcoholic beverages at WSB League practices, games and league events.
- 7.1.11** Attend and support required coaches meetings and clinics.
- 7.1.12** Share knowledge and expertise with fellow coaches in the spirit of sportsmanship.
- 7.1.13** Develop and maintain a program that is fair, equal and respects all members.

7.2 RESPONSIBILITIES TO YOUR TEAM

- 7.2.1** Teach all players the fundamental skills, rules and strategies of baseball consistent with their developmental level.
- 7.2.2** Maintain and teach players (and parents) fair play, sportsmanship, team play and respect for the opponent and umpires. Encourage players at every opportunity.
- 7.2.3** Model team building behavior including punctuality, sportsmanship and respect for equipment and teammates.
- 7.2.4** Instill in their players a respect for the authority and decisions of the umpires and other adult leaders in the League and be willing to accept the decisions of the WSB Executive Board as final – understanding that if anyone is found in violation of any rule, regulation or policy, such individual may be subject to correction, reprimand, suspension or dismissal by the WSB Executive Board.
- 7.2.5** Handle the administrative requirements of the team: Attend the pre-season coaches and general meetings, obtain a team roster, medical release form for each player, league registration form, proper birth certificates and proof of residency (as needed) and other items that may be required by WSB.
- 7.2.6** Make-up any cancelled or rained-out games or continue them as required on the day and time assigned by the appropriate league official.
- 7.2.7** Create a volunteer group to support your team and your coaching staff. Recommend volunteer positions and attach job descriptions.
- 7.2.8** Disperse league information, equipment and uniforms to all athletes and/or parents as appropriate.
- 7.2.9** Constructively develop relationships with fellow coaches and coordinators and create opportunities for their individual skills to be utilized.
- 7.2.10** Measure your team's success by the level of effort, enthusiasm and improvement first. Scores come later.
- 7.2.11** Plan and execute practices following the Keys of Practice Dynamics:
 - Plan every practice. Don't take valuable time on the field to plan your next move.
 - Inform assistants (and volunteer helpers) what their duties will be before practice.
 - Be prepared to begin practice with the arrival of the first player.
 - Begin practice on time and keep it controlled but fast moving.
 - Use the same sequence for your loosening up drills at each practice.
 - Provide as many repetitions of the basic skills as possible during practice.
 - Correct fundamental fielding and coverage errors in a specific step by step manner as they occur.
 - Finish practice on time
- 7.2.12** Be respectful of the player's and their parent's time to start and end practice on time.
- 7.2.13** Remember the key elements of practice:
 - Action: Keep your players active.
 - Repetition: Provide many repetitions of the basic skill.
 - Competition: Inspire players to compete with themselves and against others.

- Organization: Plan every practice schedule.

7.3 RESPONSIBILITIES TO YOUR INDIVIDUAL ATHLETES

- 7.3.1** Prepare all athletes to compete on a physical level through practice and on a mental level by sharing goals and strategies.
- 7.3.2** Protect your athletes by insisting on safety, good health practices and respect for all players.
- 7.3.3** Never leave a child at a practice or game field unattended.
- 7.3.4** Teach. Teach. Teach.
- 7.3.5** Grant playing time on a fair and equitable basis.
- 7.3.6** Let the players play the game, it belongs to them.
- 7.3.7** Responsibilities to Your Parents
- 7.3.8** Have parents provide a signed medical release form. Have these forms in your possession at all practices, games, and athletic events.
- 7.3.9** Provide all parents with a signed copy of the Sportsmanship Code of Conduct and request that both they and their son/daughter read and adhere to it.
- 7.3.10** Hold a parent meeting at the beginning of the regular season. Your agenda should include:
 - 7.3.10.1** Introductions: Get to know each other – your parents’ names, and neighborhoods (helpful for carpooling).
 - 7.3.10.2** Recruit team support volunteers – pass around the team volunteer form. Parents like to be involved and most of these are small jobs.
 - 7.3.10.3** Discuss: Division rules; Sportsmanship (language, care of team equipment); Practices (starting on time and being picked up on time); games (arriving early to get warmed up); come prepared to play, always do your best, respect others, call the manager of coach when you can’t be at a practice or game, and your coaching philosophy.
 - 7.3.10.4** Ask parents to: attend games and cheer for both teams; allow managers and coaches to run the team; not holler at the coaches or umpires; volunteer for the team, and express the need for volunteers at the team, division and league level.
 - 7.3.10.5** In order to have a good parent attendance, make the reminder call the day before and stress the importance of attending this meeting. Have an alternate site (rather than the field) or time in case it’s raining.
- 7.3.11** Communicate your expectations openly and fairly.
- 7.3.12** Review the WSB Code of Conduct, and Alcohol, Tobacco, and Weapons Policy.

7.4 PRIVATE CLINICS POLICY

Some coaches may provide their teams with baseball clinics through private organizations. While we certainly want to see all our kids be successful, our concern is that there will be a financial obligation attached to being a coach or manager. As you know, each player pays a registration fee which covers regular practices, game time, their uniform and league sponsored clinics. Coaches do not have the authority, and PONY Baseball prohibits requiring parents to pay for any additional costs associated with extracurricular league associated activities (such as batting cages or private clinics). We will not prohibit a Coach or Manager paying for their team to attend a private clinic. Parents may be asked for

a contribution. However, no player shall be excluded from attending a private clinic because they have not personally paid for it. We would strongly encourage Managers and Coaches to instead utilize the league provided clinics. Arrangements can be made with the training staff to have them attend your practice or set up a special clinic for your team if you would prefer. Please contact the Coaching Coordinator for assistance with this.

8. ALL STAR TEAMS AND COACHES

At the discretion of the Executive Board, All Star teams will be formed for seven age groups within WSB, consisting of Pinto 8, Mustang 9, Mustang 10, Bronco 11, Bronco 12, Pony 13 and Pony 14 respectively. Players from each age group will be selected to form the most competitive tournament teams to represent West Seattle Baseball.

8.1 COACH SELECTION

- 8.1.1** Candidates for an All Star coaching position must be active coaches, assistant coaches or managers for the current season of WSB.
- 8.1.2** Candidates must submit in writing, an application to the Executive Board that describes the applicant's coaching philosophy, lists relevant credentials, and outlines the applicant's thinking for practices and tournaments. Each applicant must also provide two parent references of active players in WSB with their application. Parent references may not be members of the applicant's coaching staff.
- 8.1.3** Applications shall be submitted within one week of the start of regular season games.
- 8.1.4** The Executive Board will meet to review the submitted applications. Coaches will be selected by a simple majority vote. In the event of a tie, the President shall cast the tie-breaking vote.
- 8.1.5** In the case of no applicants, the Executive Board will nominate suitable candidates for the position. Willing candidates will submit an application or come before the Board to present their qualifications for the position. A vote by the Executive Board will be required to place the nominated candidates in the position.
- 8.1.6** The Executive Board reserves the right to interview applicants prior to the selection vote; this shall be done in a private session with only Executive Board members and the applicant present.
- 8.1.7** An applicant who is also a member of the Executive Board shall not participate in discussions during the coach selection process or vote for the age group to which they have applied.
- 8.1.8** The Executive Board will notify the selected coach of their decision as soon as practicable, and no later than the third calendar week of April.

8.2 PLAYER SELECTION AND TEAM FORMATION

- 8.2.1** Players for each team will be selected by holding open tryouts which will be coordinated by the head coach. It is strongly suggested that the head coach call upon other coaches or assistants from within WSB during the tryouts to help with player evaluations.
- 8.2.2** If and when possible, the tryouts will have an Executive Board member present to provide oversight and representation of the Board.

- 8.2.3** All eligible players shall be encouraged to attend the tryouts. Participation in All Star baseball is strictly voluntary; WSB cannot require or request any player participate.
- 8.2.4** Players shall register their names and team affiliation at the tryout session(s) and that registration, or reasonable copy thereof, shall be submitted to the Executive Board prior to player selections being announced.
- 8.2.5** To be eligible for post season play, a player must have participated in at least one half of the league games at that particular division. Participation means playing in the game, or if injured, attending the game in uniform and with the team.
- 8.2.6** Players may not be named to an All Star team if they did not attend an open tryout session. If a player is unable to attend the scheduled open tryout session and the head coach wishes to name said player to the roster, the head coach may arrange a tryout session for the player. The Board must be informed of the tryout and a Board member must be in attendance during the tryout. The head coach will have final say on player selection.
- 8.2.7** Any player who has registered to play “up” into the next age division is not eligible to play on the lower-aged All Star team unless he/she also complies with rule 8.2.5. For example, an 8 year old who only plays in the Mustang division is not eligible to play on the Pinto 8U All Star team. If however, the player also played Pinto and participated in at least half of his scheduled Pinto games, the player would be eligible for Pinto 8U All Stars.
- 8.2.8** The head coach will submit his roster to the Executive Board for review prior to announcing player selections.
- 8.2.9** The Executive Board recommends that coaches select fifteen (15) players for each team, with twelve (12) players on the active roster and three (3) reserve players named in the event that an active roster player become injured or is unable to participate. It is further recommended that reserve players practice with the team, but only attend tournament games when an active roster player is not available. Removal of a player from the active roster as a disciplinary action must be approved by the Executive Board.
- 8.2.10** Coaches have the final say as to which 12 players they will take into PONY Sanctioned Tournaments. The decision should be based on the following; 1) player’s attendance and effort in practices, 2) player’s performance in tournament play.

8.3 ALL STAR TEAM OPERATION

- 8.3.1** It is the intent of WSB that All Star teams be self-supporting entities; that is, that their primary source of funding shall come from the team parents and from revenues generated in hosting tournaments sanctioned by WSB, primarily in the form of Snack Shack sales and registration fees. To the extent possible, WSB will provide as much financial and logistical support as resources may allow. Teams that do not host a home tournament may not receive equal financial support of those that do.
- 8.3.2** Each All Star team (8, 9 and 10 year-olds) will operate one tournament hosted by WSB during or after the end of the regular season. Eleven and twelve year old tournaments are coming.
- 8.3.3** It shall be the responsibility of the head coach to provide:
 - 8.3.3.1** A Tournament Director for the event, whose duties are outlined in section 10.3.4;
 - 8.3.3.2** Arrange staffing for the operation of the Snack Shack during the tournament;

8.3.3.3 Arrange staffing for preparing playing fields during the tournament.

8.3.3.4 These shall be unpaid, volunteer positions.

- 8.3.4** It shall be the responsibility of the Tournament Director to oversee operation of the tournament and be the principal point of contact for visiting teams. It will be the responsibility of the Tournament Director to greet teams as they arrive, check their documentation to ensure that all is in order and handle any questions posed. The Tournament Director shall also be responsible for keeping records of game scores and maintaining the game schedule through the tournament.
- 8.3.5** WSB will provide startup funds for the purpose of purchasing inventory for the Snack Shack, the amount of said startup funds being at the discretion of the WSB Treasurer and not to exceed \$500. The amount of startup funds provided must be repaid in full to WSB at the end of the tournament. It shall be at the discretion of the Treasurer as to whether to accept any remaining inventory as part of the reimbursement payment.
- 8.3.6** When paid umpires are used, it shall be the responsibility of the hosting team to provide and pay for the umpires. WSB may be able to provide resources for obtaining umpires but shall not be responsible for their payment.
- 8.3.7** WSB will provide the facilities, field materials and basic equipment needed to the hosting team for the purpose of operating their tournament.
- 8.3.8** WSB will provide trophies for each tournament, consisting of individual player trophies for first, second, third and fourth place; trophies will also be provided for first, second and third place for the Home Run Derby event held on Saturday.
- 8.3.9** WSB will provide each All Star team with uniform jerseys and caps. The players and coaches caps will be theirs to keep; the jerseys must be returned to the League at the conclusion of All Star tournament play, and the team will be responsible for maintaining their condition and shall replace any lost or damaged jerseys. All other uniform elements, such as pants, socks, belts, under-jerseys, jackets, bags and shoes shall be the responsibility of the team and/or parents to provide. WSB will not subsidize or provide financial support for the purchase of special uniforms or equipment.
- 8.3.10** WSB will process the application and pay the necessary registration fees to qualify each team for participation in PONY Regional Qualifying Tournaments.
- 8.3.11** WSB may subsidize some of the travel expenses in the event that an All Star team wins the PONY Regional Tournament and advances to the PONY Zone Tournament.
- 8.3.12** The WSB Treasurer will keep a separate ledger for each All Star team to record income from tournament entry fees for tournaments hosted by WSB, and said income shall be used for reimbursing the team for the entry fees of no more than three (3) tournaments in which they participate. The remainder of the funds shall be put into the general account of WSB.

8.4 ADDITIONAL TOURNAMENT TEAMS

- 8.4.1** At the discretion of the Executive Board, a second All Star team for a respective age group may be formed. Players for an additional team shall be selected from the pool of players attending the open tryout sessions, and player selection and rosters shall conform to all rules outlined herein.

- 8.4.2** Operation of an additional All Star team will be subject to the following stipulations:
- 8.4.2.1** WSB will officially sanction and provide liability insurance coverage for said team.
 - 8.4.2.2** WSB will provide jerseys and caps to the team.
 - 8.4.2.3** WSB will not provide any financial backing to said team unless the Executive Board deems that there are sufficient finds in the League budget to do so.
 - 8.4.2.4** The additional team will not be officially sanctioned by WSB to enter into PONY qualifying tournaments for Sectional or Regional playoffs.
 - 8.4.2.5** Additional teams will not be responsible for the operation of League-hosted tournaments for their age bracket – this shall fully rest on the primary All Star team, however, a team that does not contribute to the operations of a League hosted tournament will be subjected to paying full the full entry fee to the tournament.
 - 8.4.2.6** It shall be at the discretion of the Executive Board to waive the entry fee for the secondary All Star team into a League-hosted tournament.

8.5 TOURNAMENT TEAMS

WSB will allow the formation of independent tournament teams for each age group with the following stipulations:

- 8.5.1** That tournament team will not be officially sanctioned or supported by WSB
- 8.5.2** That tournament team will be formed only after open tryouts for the corresponding age group have been held and roster selections have been announced
- 8.5.3** Coaches forming a tournament team may not lobby, recruit or otherwise influence, directly or indirectly, players from WSB to participate on that tournament team prior to the open tryout sessions; a coach proven to have violated this rule will face immediate disciplinary action which may include immediate and permanent expulsion from the League
- 8.5.4** Tournament teams will operate independently without the official sanctioning of WSB, and as such must provide their own liability insurance when participating in tournaments outside of WSB; if a tournament team wishes to participate in a tournament hosted by WSB, they will be covered under the League's insurance for that tournament only.
- 8.5.5** If a tournament team wishes to participate in a tournament hosted by WSB, they may be required to pay the applicable entry fee.
- 8.5.6** WSB will not provide any financial support whatsoever to independent tournament teams.

8.6 WEST SEATTLE DEVELOPMENT BASEBALL PROGRAM (CRUSH)

The West Seattle Development Baseball Program is meant for those kids who did not make the all star team or for those who chose not to play on the all star team.

Teams will be made up of the following age groups; 8U (7-8 year olds), 10U (9-10 year olds), 12U (11-12 year olds).

Secondary All Star teams may be formed from these groups to play in the WSB tournaments.

Most games will be played on weeknights throughout the summer and may include 1-3 tournaments on the weekend. Games may be played against other similar programs in and around the Seattle area.

The fee for the program will cover uniform costs, games and practices.