

2015

HYBS Rookie Baseball League

**Goals
Objectives
Guidelines
And Contacts**



MISSION STATEMENT

The 2015 Boys Rookie League is designed to promote good sportsmanship and enjoyment of the game.

GOALS

To reinforce the fundamentals of baseball

To introduce the rookies to the next level of play

To prepare the veteran players for the Minor League level

To make it enjoyable and fun for all

OBJECTIVES

Our main focus will be learning positional play and developing the basic skills through repetitive drills and the reinforcement of fundamental play.

Having FUN. What is FUN? Making the play is FUN, hitting the ball is FUN, catching the ball is FUN, helping your team is FUN. FUN is learning how to play and execute the fundamentals of the game and if done properly win or lose you will have FUN and develop a stronger sense of accomplishment.

What the players should learn

Hitting

Players will learn proper stance – keeping the bat off the shoulders, back elbow down and parallel to the ground. Players will also learn their position in relation to the plate.

Players will learn to shift their weight from their back leg to their front when swinging. Players will learn to step straight at the pitcher when swinging (not towards the plate or a base).

Players will learn to follow the ball from the pitcher's hand to the bat. Players will learn to swing, drop the bat (NOT THROW THE BAT) and run to first base.

Players will learn to recognize the strike zone and wait for good pitches.

Running

Players will learn that first base is the only base that can be overrun. Players will learn that there is only 1 player to a base. Players will learn to listen to base coaches.

Players will learn to recognize and know when a runner has to advance (force play) and when to hold. Players will learn to recognize when to run part way and watch if a fly ball is dropped in order to advance. Players will learn to avoid wide turns when running the bases.

Players will learn how to properly slide into a base. Sliding head first will not be allowed.

Throwing

Players will learn to look where they are throwing and use a target like a glove or a child's chest to throw at. Players will learn to wait until the player they are throwing to is facing them and ready. Players will learn to throw overhand not sidearm.

Players will learn to step into a throw for more velocity. Players will learn to hold the ball across the seams. The players will learn crow hopping to insure a better throw and use of the whole body.

Players will understand which foot to lead off when throwing. Players will learn how to completely follow through all the way with their throwing arm.

Fielding

Players will learn where to stand in each position on the field. Players will understand who should get the batted ball and when. Players will learn to pay attention to the play at all times, this includes when they are on the bench.

Players will learn never to turn their head or back to the play.

Players will learn how to hold their glove correctly – fingers up for a high throw or bounce and fingers down for a low throw or ground ball.

The player will learn to bend their knees and put the glove all the way to the ground for a ground ball.

Players will learn where to move to when the ball is hit, which base to throw the ball to, and where the next play is.

Players will learn to call for fly balls. Players will learn to use cut off men and how to use two hands when catching.

GUIDELINES

Coaches and parents are looked upon as role models. Coaches and parents are to refrain from cursing, arguing or making negative comments about players, coaches or teams. Coaches and parents are expected to conduct themselves properly and promote good sportsmanship at all times. Coaches are to refrain from smoking in front of players.

Sore winners look as bad as sore losers. Players will not be allowed to “rub it in” when another player does not make a good play.

Players must wear their uniforms (including hats) correctly at all times. Shirts must be tucked in and hats must face forward (not backwards, sideways or inside-out).

Parents, coaches, players and spectators must abide by the “Code of Conduct”

Rainouts are left to the HYBS League President. Decisions to cancel games should be made two hours prior to game time (if possible). Make-up game dates will be decided HYBS League President. The league director is to be informed on a scheduled make-up so that other coaches can be advised to leave the field open.

Practices can be held on our fields on the open dates on the schedule. With the size of the fields, two (2) teams should be able to share a field with one team using the outfield and the other the infield and then switching.

Teams must clean up their bench area after every practice and game.

No score keeping (although the kids will probably keep score)

Games

The game will last 5 innings or 1 hour and 15 minutes - whichever comes first. Each half inning will consist of 3 outs or 5 runs

The game will be coach pitch and all pitching is to be overhand. No underhand pitching at this level.

8 pitches to start the season. Encourage the players to swing at anything close. 6 pitches halfway thru the season. Encourage the players to swing at anything close. **There is no walking!**

All players and coaches will shake hands at the end of each game

Home team is responsible for supplying a new ball for each game.

Teams with less than 7 players at the designated game time are allowed to borrow players from the opposing team.

Only nine players are allowed in the field per inning unless a team has exactly 10 – If team has exactly 10 players, then a coach can go with 4 outfielders.

Each player should be rotated to a different position at least once per game. Every player should play every position at least once during the season unless there is **significant concern** for a child's safety.

Outfielders will be used and must be at least 15 feet behind the infield.

Catchers will be used and must be in full gear. Catchers will stand and throw the ball back to the pitcher.

It is the head coach's responsibility to inform and instruct each base coach of his or her responsibilities before each game.

Two fielding coaches will be allowed in the field to help the fielders understand their roles and responsibilities we are hoping that the players will not need fielding coaches for the second half of the season.

All coaches are responsible for the instruction and encouragement of **all** players.

No food is allowed on the benches during the game. Only water bottles (or other beverage containers) are allowed.

Hitting and Base Running

Helmets are to be worn by all batters and base runners.

Everyone bats - regardless if they played in the field - this does not mean everyone bats every inning but everyone is inserted into the batting order. No player will sit on the bench for more than 2 innings per game.

Batting orders are to remain the same for the entire game unless an injury forces a player to leave the game. Every player gets to bat.

Coaches of hitting teams will advise the opposition when a very strong hitter is up (mainly to prevent injuries).

Only the batter and one on-deck hitter will have bats in their hands. Each coach will designate an on-deck area. All other players are to be seated on the bench. This is the area of greatest injury because coaches are pitching and coaching bases at this time and cannot be watching every player. Team parents are encouraged to volunteer their assistance in managing the players on the bench.

There will be no called strikes, walks or bases for being hit by the pitch. Only three (3) strikes per batter will be allowed.

Coaches should attempt to pitch so that players can hit the ball. The ball must be pitched, **not lobbed** as in slow pitch softball. It is very hard for players to hit an arcing pitch. Coaches should use discretion regarding the number of pitches allowed (recommend 15) to a batter. Coaches must pitch from no less than 20 feet from the plate. It is highly recommended that the coaches pitch from the mound when ever possible to prepare players for the next level.

No bunting, stealing or leading (a ball must be “hit” before a runner is allowed to advance).

Overthrows – A player may advance **one** base on an overthrow with the **risk** of being put out.

An overthrow is defined as follows:

- a. First base – The ball must advance past the “bench line” or into the outfield area.
- b. Second base – The ball must advance into the outfield area.
- c. Third base – The ball must advance past the “bench line” or into the outfield area.
- d. Home – There are no overthrows allowed

Balls hit into the outfield on the ground or in the air - the runners are allowed to go for a double. No advancement on overthrows or errors. Sliding is encouraged - feet first only - no sliding into first.

Once a throw from the outfield reaches the infield, runners are not allowed to advance. If a runner has already made the turn before the ball reaches the infield the runner will be awarded that base.

There are no advancements as result of a fielding error on a hit ball. Kids should not be penalized for trying to make a play.

Fielders should not block the base paths.

Fielding

A player will be in the pitching position for fielding. The Coach pitching to his/her team will attempt to get out of the way of the ball so the other team can field it. Any hit pitch coming in contact with a coach will be considered dead ball and the batter will be awarded first base.

First basemen and pitchers are required to wear helmets. Coaches should ensure that players in these positions have good catching skills for safety reasons.

Coaches will constantly check the position of fielders for proper position (outfielders have a tendency to creep into the infield) and make sure their attention is focused on the play for safety reasons.

Players should be encouraged to stay in their position and not interfere with another player attempting to make a play. Backing up a play is to be stressed.

Coaches are to be in the field to position players but hopefully will not be doing so by the end of the season.

Contacts

If any coaches have any questions or concerns, you can reach me via cell or email.

Cell Number – (508) 400-9144

E-Mail – No66rm@yahoo.com

