

T-Ball Playing Guidelines

[updated March 2009]

Preliminaries

- Mouth guards and athletic supporters are recommended just to get the players used to these ...but are not required.
- Any kind of footwear is OK. If cleats are worn these must be rubber cleats only, no metal cleats. No jewelry worn (watches, bracelets, rings, etc.).
- Managers and coaches should try to attend coaching seminars before and/or during season. This is not so much for T-ball as to begin the “coach development” process for future years and future levels of play.
- Practice is a team-by-team decision. Some teams practice one day per week, some practice ½ hour before games, some don't practice at all ...each team's manager and parents decide for themselves. The league has materials available for setting up and running practices ...use these to get organized. Practice time should be “active” times - develop practice plans in advance to keep all players busy. Recruit coaches and parents for help with stations, to keep kids moving and avoid standing around. After playing a T-ball season, players should be able to throw and catch and have basic hitting techniques. For kids having difficulty hitting the ball, consider practicing using the big fat plastic bats sold at Target or Fred Meyer. These can be used with tennis balls. Every kid can hit using these fat bats and this builds some confidence and enthusiasm for hitting.
- If you are short pf players for the game you may borrow players from another team to fill out your lineup so long as the borrowed players are registered Little League players.
- This is an instructional level of baseball therefore the coaches should take the time to “explain” the game situations so the players begin to learn the rules ...especially field rules like foul balls, advancing on overthrows, etc.
- Reduced Injury Factor (“Level 5” soft) baseballs are used for practice and game play.

Game Playing Rules

- We do not count outs in T-ball ...therefore innings are defined as one trip through the roster. This takes a while and we are lucky to get three “innings” per game.
- T-ball games are scheduled every 90 minutes ...so no new inning begins after one hour 15 minutes.

Offense:

- Bat through entire roster each inning (we do not count outs ...so we continue to hit after three outs). Late arrivals go to the end of the batting order.
- No on-deck batter. No player except the batter should hold a bat.
- Hit away. No walks or bunting. The batter eventually hits the ball ...but no walks are given.
- No leading off bases. No head first sliding. No stealing on passed balls by catcher, pitcher or infield overthrows.
- No run maximum per inning. We do not keep score.

Defense:

- All players on the field each inning. Keep to the routine infield positions to reduce confusion ...which means lots of outfielders (on the outfield grass) at all times. As baseball play making is not always obvious to beginners, two or three coaches/parents should take positions in the field to help guide the play making as it occurs.
- Pitching: Coach from team at bat pitches, gentle, overhand throws from a short distance. Take a knee to avoid difficult to hit "drop balls". Experiment with the speed of the pitches (some kids have more success with a faster, flatter pitch). Use the batting T after 4 or 5 strikes so as to keep the game moving ...avoid getting to 9 to 12 pitches.
- No walks are given. The batter must swing the bat to get on base. And the batter gets as many swings as it takes to put the ball in play.
- A T-Baller plays the pitcher position for fielding.

Game Environment

- No negative comments about umpires or players from the stands (the players all know when they make mistakes). No "calling of the game" by parents on the sideline. It is the managers' responsibility to control the parents.
- Remember this is for the players and not for coaches' egos. Focus should be on player development and enjoyment- let them have fun! Learning the game and its fundamentals- not winning and losing- is the focus at this level.



Appendix F Sample Manager to Parents Letter

Dear Parents,

The following is my attempt to put words to my coaching philosophy goals and expectations from the players and you, their parents. Up front, I have no illusions about being some master coach or even the best one in RHLL baseball. All those seasons have taught me that there is just too much to this game to ever think you know it all. The only thing I can promise is that I will do my best. My guiding principle has been that if the kids come back next year then I did my job right. The only way that happens is if they have fun, every last player.

This level of play is the first truly competitive one for traditional Little League. Winning is not everything, but it does count and the boys know it (the coaches do too). We will do the best we can to balance the desire to be our best by doing the right thing.

As you read through this please check that my aims and philosophy and what you hope for your son. If it does not this is your opportunity to let me know. That does not mean that my philosophy is going to change, but it is important to know where we all stand before the season begins.

Competition & Positions:

This is the first truly competitive level of Little League play. The boys may play at fewer positions than they have in the past. They will be focusing on honing skills and perhaps by the middle of the season be focused on one or two positions. That does not mean that they will not play everywhere, they will, but the first steps of specialization will begin for most of the boys. We want help the boys find positions where they will feel they will have success and hopefully believe that they is contributing to the team and can feel comfortable and gain confidence.

We will aim to play competitive baseball while respecting every team member and giving each real playing time and experience. Little League rules require that each youngster on the roster play 2 full innings. It is our intention that everybody will play a minimum of 4 innings. With a 12 man roster and 6 innings there will be 6 boys on the bench for 2 innings and 6 boys on the bench for one inning. Because of time limits on the games this may not always come to be. If a game gets called at 5 innings and a boy is in the lineup for the last 4 innings he may come up short of 4 full innings in the field. Likewise if a boy slated to be out the last inning and we do not play that inning then it is possible that he will have played the whole game, it happens.

Pitching is at this level a skill that should have been practiced (not mastered) already. We would hope that every boy get a chance to pitch this season if they should so desire. That being said those with the most proficiency will pitch more often. I do not believe that we are doing any ball player a favor to put him on the mound repeatedly if we do not reasonably expect him to be able to hold his own. For that reason pitching will be something that will be proven in practice.

That brings us to the outfield. In the mind of the Little League player it is often the presumption that outfield positions are of less value. At this level of play the outfield is becomes much more important. A third of the positions on a baseball field are in the outfield and they must be filled. Baseball's Hall of Fame is filled with outfielders known as much for their gloves as they were for their bats. Willie Mays comes to mind. In a close game the 4 most important positions on the field are the pitcher, catcher, first baseman and the center fielder and not necessarily in that order. Ball players with speed and a developing glove are going to see considerable time in the outfield not because we need to put them someplace, but because we need them there. As



Appendix H Manager/Coach Code of Conduct

2009 Raleigh Hills Little League Manager/Coach Code of Conduct Agreement

Manager/Coach Code of Conduct Agreement

I pledge to provide a positive attitude and be responsible for my participation by following this code of conduct.

I agree to:

- Deliver instruction in a constructive and positive manner;
- Accept seriously the responsibility and privilege of representing RHLL;
- Communicate positively with my players, coaches), parents, umpires and opponents;
- Treat all players, opponents, fans, and umpires with dignity and respect;
- Refrain from using inappropriate language, gestures or actions; and
- Respect the umpires and accept their decisions without argument.

As Manager/Coach, I understand that I am responsible for all activities and events that take place with my team during league sanctioned events. Failure to conduct myself according to this Code of Conduct, Little League Baseball Rules & Regulations and the RHLL Playing Guidelines is grounds for dismissal.

I agree to abide by the above code of conduct.

Manager/Coach signature: _____

Date: _____



Appendix I Player/Parent Code of Conduct

2009 Raleigh Hills Little League Player & Parent Code Of Conduct Agreement

Player Code of Conduct Agreement

I pledge to provide a positive attitude and be responsible for my participation by following this code of conduct.

I agree to:

- Accept authority and supervision in a positive manner;
- Attend and positively participate in all scheduled practices when reasonably possible;
- Communicate positively with my manager, coach, teammates and opponents;
- Treat fellow players, opponents, fans, umpires and all adults with dignity and respect;
- Not use inappropriate language, gestures or actions; and
- Respect the umpires and accept their decisions without argument.

I agree to abide by the above code of conduct.

Player signature: _____ Date: _____

Parent's Code of Conduct Agreement

I hereby pledge to provide positive support, care and encouragement for my child by following and supporting this code of conduct.

I agree to:

- Have my child on time to practice and games and pick my child up on time after practice;
- Leave the coaching of the team to the manager and coaches, and the officiating to the umpires;
- Respect the manager's decisions regarding playing time, positions and placement; and
- Not approach players, managers, coaches or umpires before, during or after a game with anything other than congratulations.

I agree to abide by the above code of conduct, and acknowledge that I am responsible for all parties associated with my child during games and practices.

Parent signatures: _____ Date: _____



Appendix J SSPL Field Addresses

SUNSET PARK LITTLE LEAGUE FIELDS

- Ainsworth Elementary: 2425 SW Vista Ave. Blacktop only. To be used if Healy Heights is too wet.
- Albert Kelly Park: SW 38th Place. In Brookford neighborhood, close to Bridlemile Elementary.
- Bridlemile Elementary (E and W): 4300 SW 47th Dr. On Hamilton between Shattuck and Dosch.
- Chapman Elementary: 1445 NW 26th Ave. Field is in back of the school.
- ~~German-American~~ ^{East Sylvan} School: SW 58th at Sylvan (formally the French-American School).
- Hamilton Park: 4300 SW 47th Dr. Next to Bridlemile Elem.
- Healy Heights Park: Corner of Council Crest Dr. and Patrick Pl. on Council Crest.
- Hillside Center: NW Culpepper Terr. Off Cumberland Rd. from Westover.
- Portland Heights (Stroecker's): Patton Rd. between Vista and Talbot/Humphrey. Next to Stroecker's.
- Robert Gray Middle School (NE and SE): 5500 SW 23rd. Off Beaverton-Hillsdale Hwy. at SW 23rd.
- Wallace Park (E and W): 1445 NW 26th Ave. In front of Chapman Elem.
- West Sylvan Middle School: 8111 SW West Slope Dr. Off Canyon Dr. between Canyon Rd. and Sunset Hwy.



Appendix K ALPENROSE FACILITY RULES

Managers, please share these with your players and parents BEFORE game day!

No sunflower seeds, gum or glass containers anywhere on Alpenrose property.

No "playing" on fields unless it's an official game.

No bikes, skateboards, scooters or rollerblades.

No one is to sit, stand or store anything on top of dugouts.

Do not jump off the bleachers in the lower fields.

Respect seats, no walking on or chipping paint.

Spectators should stay at least 2 feet behind fences for safety.

Outfield fence lines should be clear of spectators and items.

No parking zones, curbs, signs and fire lane laws will be enforced.

No parking in Concession Stand area.

Stay in Baseball & Picnic areas. (All other areas are off limits. i.e. racetracks & dairy)

Clean up after yourself! Clean up after yourself! Clean up after yourself!

Press box, Microphone and Scoreboard can only be used if an adult is present.

-No cheering or loud play-by-play over microphone (be respectful of neighbors).

-No one under 14 is allowed in the press box.

If the fields have been prepared for your game and the weather changes you can only use the "Turface" provided. Alpenrose is very protective of their fields and work extremely hard to keep them all in the best shape possible. If one of their field crewmembers or an umpire say the field is unplayable then we have to honor it. No appeal—that's it. Any arguments or problems will be reported to the league president, our District 4 Administrator and will proceed from there.

HOURS OF PLAY:

Mon-Sat: No inning may start after 9:30pm, must be off the field at 10:00pm

Sunday: Fields may be used for warm-ups at 11:30am

No new inning may start after 6:30pm, must be off field at 7:00pm

Keep your people from running around the bases and playing on the field after games.

Please have fans and players leave the field & stands as quickly after cleanup as possible...when the lights go out it gets very dark.

Team Managers are ultimately responsible for all actions of players and parents of your team. Please remind both of the simple rules that will help RHLL keep Alpenrose on the schedule for years to come.



MANAGER CHECKLIST FOR ALPENROSE GAMES

All Fields:

□ARRANGE MAINTENANCE CREW

Weeknights: Alpenrose staff will groom all fields prior to first game;

Between games: if both teams that finished playing & both teams starting the next game help to prepare the field; it will go very fast, easy and help get the games started on time.

Maintenance tools & chalk are in the barn next to concession stand and in the third base bullpen...try to arrange a couple extra rakes for more efficiency.

□ARRANGE CLEAN-UP CREW (or else you'll be doing it yourself !)

If we follow the simple rule "leave it cleaner than you found it," all will be great.

Please have a crew assigned to walk the stands, dugouts, press box & grounds after each game.

Trash will need to be put into supplied trashcans. Return field maintenance tools to barn.

Managers & Coaches will be held responsible to get it all clean!

DO NOT call Alpenrose ever! Contact the RHLL Hotline.

Additional for Main Field, HOME TEAM Only:

□ARRANGE CONCESSION STAND VOLUNTEERS

Provide 2 volunteers at all times (age 14 or older) to work concession stand during any weeknight game and 3 volunteers for weekend games. (Younger children are not allowed to be in concession stand at any time due to Health Department regulations.) All shifts must be a 30 minutes or longer to avoid staff having to constantly retrain new people. The league gets 40% of sales, so concession volunteers are very important!

□ARRANGE PRESSBOX CREW to announce & run scoreboard, if wished.

□AMERICAN FLAG MUST BE FLYING DURING GAMES

□EMAIL ME a Concession Stand volunteer schedule 5 days prior to each of your Alpenrose games. No game will start until we have enough workers in the concession stand. *It's a great place to watch the game, warm, dry, & a good view.*

□INSTALL/REMOVE SAFETY BASES leave Alpenrose Bases in 1st base dugout upside-down.

Phone Numbers Kate True 503-246-6906 Nancy Smith 503-245-0347

Feel free to contact me with any questions,
Joyce Sutherland, RHLL Alpenrose Coordinator
chirpy626@yahoo.com
503-747-2500 Mobile: 503-459-2606

