



# **Sedalia Parks & Recreation**

## **YOUTH BASEBALL LEAGUE**

### **2023 RULES AND REGULATIONS**

#### **STATEMENT OF PURPOSE - PROGRAM GOALS**

To provide the youth of this area, regardless of race, color, creed, or economic position, the opportunity to participate in controlled athletic recreational competition while teaching players the fundamental aspects of the game of baseball; to instill the belief of fair play, and good conduct, and promote sportsmanship at all times; to provide opportunities of positive development, to promote a common interest and tolerance among youth; to encourage adults to behave in an exemplary manner when supervising youth; and to keep the welfare of youth foremost and free from any adult compulsion for power and glory.

#### **YOUTH BASEBALL COACH'S CODE OF ETHICS**

1. Show good sportsmanship at all times.
2. Build in each player the ideals of sportsmanship, honesty, and fair play both on and off the field.
3. Show respect for other coaches, officials, team members, and spectators.
4. Abide and teach players the Rules, Regulations, and By-laws set forth by the Sedalia Parks and Recreation Department.
  - a. To gain an advantage by circumvention or disregard for the rules, brands a coach unfit to be associated with the Youth Baseball program.
  - b. Deliberately teaching players to intentionally violate the rules is inexcusable. The teaching of feigning injury, interference or intentionally attempting to injure other players will break down rather than aid in the building of the character of players.
5. Coach in a manner that places player safety above winning.
  - a. This applies to both Physical and Mental Health
  - b. Players should receive proper rest and nutrition (proper hydration)
  - c. Have a basic understanding of the signs and symptoms of a Concussion (see attached document)

#### **ARTICLE I - COACH'S RESPONSIBILITIES**

1. Knowledge of the game is a plus, but not a requirement to coach. The ability to understand and implement the goals and rules of the Youth Baseball League and impart this understanding to youth and adult participants is the most important consideration.
2. Each head coach is responsible for the conduct of their players and assistant coaches before, during, and after each game and practice session. All players and coaches must shake the hands of the opposing team after each game.
3. Each coach must conduct him or herself in a positive manner at all times; practice positive sportsmanship.
4. All complaints or grievances by parents or other interested parties must be cleared through the head coach, baseball supervisor, and Recreation Superintendent.
5. The use of excessive noisemakers will not be allowed at any time during the game. The head coach is responsible for all persons associated with their teams' compliance with this rule.

6. No coach shall smoke, chew tobacco, or consume alcoholic beverages before, during, or after any Youth Baseball League game, practice session, or other team related event. **Please advise to all parents, guardians and or patrons we are a SMOKE FREE park- City Ordinance10099.**
7. Each coach shall be responsible for finding one volunteer each game to keep the scorebook.
8. Showing up on time and staying to the completion of all scheduled games and practices.
  - a. This does not include extenuating circumstances. If a head coach cannot attend a scheduled event, a substitute (assistant coach) must be arranged to fulfill the coaching responsibilities.
    - i. All assistant coaches and possible substitutes must pass a background check and be approved by the Sedalia Parks and Recreation Department.
9. Notifying the Sedalia Parks and Recreation Department office when your team is not planning on using a facility (i.e. not using a field for a scheduled practice). We have staff that turns on and off lights for fields. We don't want to waste our resources if not going to be holding your practice times.
10. The Sedalia Parks & Recreation Department encourages coaches to play all players at least half of the game. We understand that all players do not attend all practices. Therefore, we understand that fairness has to be given to those that do work hard and attend practices.
  - a. Regardless of the number of players present, each coach will need to distribute playing times as evenly as possible between all eligible players.
11. Coaches are responsible for making sure their team cleans their dugout after each game.
12. At no time is a coach alone with a player. It is strongly discouraged that coaches to bring kids to and from practice by one's self.
13. Any coach that does not observe these responsibilities may be dropped from the Youth Baseball program immediately.

### **ARTICLE III - EQUIPMENT**

#### **1. Uniforms:**

- a. All jerseys & hats in all age divisions will be supplied by Sedalia Parks and Recreation Department
- b. No outside uniforms/hats supplied by other organizations or sponsors will be allowed to be worn
- c. Metal cleats are not allowed to be worn by any player
- d. It is strongly suggested that all male players use a protective cup

#### **2. Equipment:**

- a. Coaches are responsible for picking up equipment bags on the night of the coaches meeting. It is strongly suggested that all players get their own helmet (lice) but not mandatory.
  - i. All equipment bags will contain the following:
    1. Bats: 1-2
    2. Catcher's Gear: 1 Set (including RH catcher's glove)
    3. Glove: 1 RH
    4. Helmets: 4
    5. Practice Balls: 10-15
    6. Scorebook
      - a. Scorebooks contain lineup cards that can be exchanged with the opposing coach
    7. First Aid Kit: 1
      - a. If you need additional supplies, including Ice Packs, let the Parks Office or a Parks and Recreation Staff member know what it is you need
      - b. Parks Security will have First Aid Kits in the Security Vehicles

- c. Larger First Aid Kits will be located in the South and North Concession Stands in Centennial Park and Vansell Concession Stand.
  - i. Ice will also be available at these locations
- ii. Coaches are responsible for returning ALL equipment to the Parks and Recreation Office within 2 weeks of their team's final game. We would appreciate if bags would be returned to concession stand following your final game.
- iii. Coaches must sign the Equipment Form when receiving and returning their equipment bag
  - 1. Coaches who need additional equipment must Contact the Parks and Recreation Office
    - a. Catcher's gear must be exchanged (exchange other equipment if possible)
- b. Catchers in all age divisions must wear proper catcher's gear
  - i. Shin Guards
  - ii. Chest Protector
  - iii. Mask
  - iv. Protective Cup
- c. A (proper fitting) batting helmet must be worn by any player who is up to bat, on deck, or on the bases
- d. During games, all equipment must be kept inside the dugout
- e. Exposed jewelry must not be worn during a game

## ARTICLE IV - LEAGUE STRUCTURE

1. **Number of Innings/Time Limit; Minimum Number of Innings/Minimum Time to Constitute a Game**
  - a. K: 5 Innings or 60 Minutes; 2 Innings or 30 Minutes
  - b. 1<sup>st</sup> & 2<sup>nd</sup>: 6 Innings or 75 Minutes; 3 Innings or 40 Minutes
  - c. 3<sup>rd</sup> & 4<sup>th</sup>: 6 Innings or 90 Minutes; 4 Innings or 45 Minutes
  - d. 5<sup>th</sup> & 6<sup>th</sup>: 6 Innings or 90 Minutes; 4 Innings or 45 Minutes
  - e. 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>: 6 Innings or 90 Minutes; 4 Innings or 45 Minutes
    - i. No full inning shall begin with 10 minutes remaining on the time limit
    - ii. Games ending in a tie and the end of regulation will not go to extra innings (Win for both teams)
2. **Run Rules:**
  - a. K: No Run Rules (Score is not kept)
  - b. 1<sup>st</sup> & 2<sup>nd</sup> : No Run Rules (Score only kept for tracking runs scored per inning)
  - c. 3<sup>rd</sup> & 4<sup>th</sup>: 15 After 3 Innings; 12 After 4 Innings; 10 after 5 Innings (Score kept)
  - d. 5<sup>th</sup> & 6<sup>th</sup> : 15 After 3 Innings; 12 After 4 Innings; 10 after 5 Innings (Score kept)
  - e. 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup>: 15 After 3 Innings; 12 After 4 Innings; 10 after 5 Innings (Score kept)
    - i. Home team is responsible for keeping the official scorebook
3. **Rosters:**
  - a. K: 5 players must be present to play a game
  - b. 1<sup>st</sup> & 2<sup>nd</sup> : 6 players must be present to play a game
  - c. 3<sup>rd</sup> & 4<sup>th</sup> : 7 players must be present to play a game
  - d. 5<sup>th</sup> & 6<sup>th</sup> : 7 players must be present to play a game
  - e. 7<sup>th</sup> & 8<sup>th</sup> & 9<sup>th</sup> : 7 players must be present to play a game
    - i. Players who arrive late for a game can only be inserted into the end of the batting order (unless making a substitution)
    - ii. Players may play for the opposing team if it is necessary
4. **Batting:**
  - a. K : All players bat each inning; coaches can pitch underhand; 5 total attempts (pitch and/or tee) to put the ball in play (no strikeouts or walks); play stops when the ball is returned to the pitcher's area (ball control

not necessary); play stops when a ball hit to the outfield is returned to the infield (ball control not necessary); coaches should use discretion regarding when to stop play/runners

- b. 1<sup>st</sup> & 2<sup>nd</sup> : All players in the batting order; 3 outs or **4 runs scored per inning**; coaches can pitch overhand or underhand; 7 attempts to put the ball in play (can strikeout, but no walks; batter is out if the 7<sup>th</sup> attempt is not put in play); play stops when the ball is returned to the pitcher's area (ball control necessary); play stops when a ball hit to the outfield is returned to the infield (ball control necessary)
- c. 3<sup>rd</sup> & 4<sup>th</sup> : All players can be in the batting order; 3 outs or **4 runs scored per inning**; player pitch only; no drop 3<sup>rd</sup> strike rule
- d. 5<sup>th</sup> & 6<sup>th</sup> : All players can be in batting order; 3 outs or **4 runs scored per inning**; drop 3<sup>rd</sup> strike rule applies
- e. 7<sup>th</sup>, 8<sup>th</sup>, & 9<sup>th</sup> : All players can be in batting order; no run caps; drop 3<sup>rd</sup> strike rule applies
  - i. The Infield Fly Rule will only be enforced for the 3<sup>rd</sup> & 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup>, and 7<sup>th</sup>-9<sup>th</sup> grade divisions
    1. An Infield Fly is a fair fly ball (not including a line drive) which can be caught by an infielder with ordinary effort, when first and second, or first, second and third bases are occupied, before 2 outs have been recorded
      - a. An player positioned in the infield on the play is considered an infielder

#### 5. Defense:

- a. K: All players play defensively; catcher is optional (if using a catcher protective gear must be worn)
- b. 1<sup>st</sup> & 2<sup>nd</sup> : All players play defensively with standard 6 player infield; catcher is mandatory
- c. 3<sup>rd</sup> & 4<sup>th</sup> : 10 player defense is allowed (4 outfielders); balks are called, but runners will not advance
- d. 5<sup>th</sup> & 6<sup>th</sup> : 9 player defense only; balks are called, runners will advance 1 base
- e. 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> : 9 player defense only; balks are called, runners will advance 1 base

#### 6. Minimum Amount of Play/Substitutions:

- a. K: Entire Game
- b. 1<sup>st</sup> & 2<sup>nd</sup> : Entire Game
- c. 3<sup>rd</sup> & 4<sup>th</sup> : All players must play 6 defensive outs and receive 1 at bat; Open Substitutions; Pitchers cannot re-enter as the pitcher once removed from the position
- d. 5<sup>th</sup> & 6<sup>th</sup> : All players must play 6 defensive outs and receive 1 at bat; Open Substitutions; Pitchers cannot re-enter as the pitcher once removed from the position
- e. 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> : All players must play 6 defensive outs and receive 1 at bat; Open Substitutions; Pitchers cannot re-enter as the pitcher once removed from the position

#### 7. Base Running

- a. K: No Leadoffs or Stealing; No Stealing on Passed Balls; No Advancement on Overthrows
- b. 1<sup>st</sup> & 2<sup>nd</sup>: No Leadoffs or Stealing; No Stealing on Passed Balls; 1 Base Advancement on Overthrows
- c. 3<sup>rd</sup> & 4<sup>th</sup>: No Leadoffs or Stealing, Stealing on Passed Balls, No stealing home, 1 Base Advancement on Overthrows
- d. 5<sup>th</sup> & 6<sup>th</sup>: MSHSAA Rules
- e. 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup>: MSHSAA Rules

#### 8. Pitch Counts/Days Rest:

- a. K: Players Do Not Pitch
- b. 1<sup>st</sup> & 2<sup>nd</sup>: Players Do Not Pitch
- c. 3<sup>rd</sup> & 4<sup>th</sup>: Maximum of 70 Pitches Per Game (Can finish the batter once limit is reached)
  - i. 1-20 Pitches: 0 Calendar days of rest needed; Can pitch in Game 2 if playing Double Header
    1. If a player pitches in two games in one day, 2 Calendar days of rest must be added to the days of rest guidelines
      - a. Example: If a player pitches 20 pitches in the first game and 20 pitches in the second game, 2 Calendar days of rest are needed
    - ii. 21-35 Pitches: 1 Calendar day of rest needed
    - iii. 36-50 Pitches: 2 Calendar days of rest needed
    - iv. 51-70 Pitches: 3 Calendar days of rest needed

- d. 5<sup>th</sup> & 6<sup>th</sup>: Maximum of 85 Pitches Per Game (Can finish the batter once limit has been reached)
    - i. 1-20 Pitches: 0 Calendar days of rest needed; Can pitch in Game 2 if playing Double Header
      1. If a player pitches in two games in one day, 2 Calendar days of rest must be added to the days of rest guidelines
        - a. Example: If a player pitches 20 pitches in the first game and 80 pitches in the second game, 6 Calendar days of rest are needed
    - ii. 21-35 Pitches: 1 Calendar day of rest needed
    - iii. 36-50 Pitches: 2 Calendar days of rest needed
    - iv. 51-70 Pitches: 3 Calendar days of rest needed
    - v. 71-85 Pitches: 4 Calendar days of rest needed
  - e. 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup>: Maximum of 95 Pitches Per Game (Can finish the batter once limit has been reached)
    - i. 1-20 Pitches: 0 Calendar days of rest needed; Can pitch in Game 2 if playing Double Header
      1. If a player pitches in two games in one day, 2 Calendar days of rest must be added to the days of rest guidelines
        - a. Example: If a player pitches 2 pitches in the first game and 90 pitches in the second game, 7 Calendar days of rest are needed
    - ii. 21-35 Pitches: 1 Calendar day of rest needed
    - iii. 36-50 Pitches: 2 Calendar days of rest needed
    - iv. 51-70 Pitches: 3 Calendar days of rest needed
    - v. 71-85 Pitches: 4 Calendar days of rest needed
    - vi. 86-95 Pitches: 5 Calendar days of rest needed
1. For all player pitch leagues, any pitcher who has not pitched in a game in-progress (including the starting pitcher) will be allowed to throw up to 7 warm-up pitches prior to facing the first batter
    - a. Players will be allowed to throw up to 5 warm-up pitches each subsequent inning
      - i. Warm-up pitches will not count towards a player's pitch count
  2. Coaches will be responsible for keeping track of their team's pitch counts
    - a. Pitch Counters will be available at each field

## ARTICLE V - THE PLAYING FIELD

1. Baselines:
  - a. K: 60 Feet
  - b. 1<sup>st</sup> & 2<sup>nd</sup>: 60 Feet
  - c. 3<sup>rd</sup> & 4<sup>th</sup>: 65 Feet
  - d. 5<sup>th</sup> & 6<sup>th</sup>: 70 Feet
  - e. 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup>: 80 Feet
2. Pitching Rubber to Plate:
  - a. K: N/A; Coaches stand at an appropriate and safe distance; "pitcher" stands slightly behind and to the side
  - b. 1<sup>st</sup> & 2<sup>nd</sup>: 35 feet; Coaches stand at an appropriate and safe distance; "pitcher" stands slightly behind and to the side
  - c. 3<sup>rd</sup> & 4<sup>th</sup>: **42 Feet (NO MOUND)**
  - d. 5<sup>th</sup> & 6<sup>th</sup>: 50 Feet
  - e. 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup>: 54 Feet

## ARTICLE VI - RULES OF PLAY

All leagues will follow standard Missouri State High School Activities Association (MSHSAA) rules for the season with points of emphasis, modifications, and exceptions listed below:

1. Only approved coaches and eligible players of involved teams will be allowed on the field and on the bench before, during, and after the game
  - a. Only coaches in the K, and 1<sup>st</sup> & 2<sup>nd</sup> leagues may be on the field of play during games
  - b. 1<sup>st</sup> and 3<sup>rd</sup> Base Coaches must remain in the respective coaching boxes

2. A team must have at least one approved coach present to be eligible for a game
  - a. A parent who is taking the place of a head coach or assistant coach must pass a background check through Sedalia Parks and Recreation
  
3. All bench personnel must remain in the dugout while a game is in progress
  - a. Exceptions:
    - i. To signal an umpire to request a time out
    - ii. When the Head Coach needs to confer with a player or umpire
    - iii. If a player is on-deck or coming in as a substitute
  
4. Intentional Walks:
  - a. K: None
  - b. 1<sup>st</sup> & 2<sup>nd</sup>: None
  - c. 3<sup>rd</sup> & 4<sup>th</sup>: Only if there are 2 outs OR 1<sup>st</sup> base is unoccupied
  - d. 5<sup>th</sup> & 6<sup>th</sup>: Only if there are 2 outs OR 1<sup>st</sup> base is unoccupied
  - e. 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup>: Only if there are 2 outs OR 1<sup>st</sup> base is unoccupied
    - i. Coaches should indicate to the home plate umpire that their team is issuing an intentional walk
      1. Pitches are not thrown
  
12. Scores/Standings/Playoffs:
  - a. K: Score will not be kept
  - b. 1<sup>st</sup> & 2<sup>nd</sup>: Score will be kept (There will not be Standings)
  - c. 3<sup>rd</sup> & 4<sup>th</sup>: Score will be kept (There will be Standings and a Tournament if the schedule allows)
  - d. 5<sup>th</sup> & 6<sup>th</sup>: Score will be kept (There will be Standings and a Tournament if the schedule allows)
  - e. 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup>: Score will be kept (There will be Standings and a Tournament if the schedule allows)
  - f. Standings Tie Breakers: Head to Head, Run Split, Runs Allowed between the matchups with the tied team(s), coin flip
  
13. All players and coaches must shake hands with the opposing team after every game.

## ARTICLE VI - COACHING TIPS

1. “10 years from now your children won't remember who won a particular game, but they will remember sitting on the bench, if they had fun, and if they ever got to play.”
  - a. Winning at all costs shouldn't be your top priority; having fun in a safe manner should be your top priority
  - b. It's the children's experience and no one else's experience
    - i. “Is their experience better with you as a coach?”
  - c. The children don't need us, they can play baseball and have fun themselves
  
2. Be a Positive Coach (see Positive Coaching handout)
  - a. “Demanding Not Demeaning”
  
3. Focus on teaching the basic mechanics of throwing, catching, fielding, pitching, and base running
  
4. Promote and teach teamwork and rules of the game
  
5. Understand you will be dealing with children who have varying skill levels
  
6. Have each child learn and play all positions on the field
  - a. Some may not be able to play certain positions
  - b. Always keep safety in mind when positioning players

7. Incorporate fun games/drills in your practices
  - a. Fun warm-up (and cool down) games at the beginning and end of your practices may be helpful
8. Come prepared to your practices
  - a. Follow a practice outline (an example is attached) and make sure you have all the equipment you need before each practice starts
  - b. Practices should build on one another
9. Games/Drills at younger age levels are often more effective and beneficial in small groups
  - a. Try to keep them busy as much as possible
10. Don't be afraid to ask other coaches and parents for suggestions/assistance
  - a. Contact Amy anytime!

## **ARTICLE VII - ADMINISTRATION AND SUPERVISION**

1. The Parks and Recreation Director and/or his representatives (including game umpires), has the final authority in all rulings and disputes at all scheduled games and holds the right to remove individuals from athletic facilities if needed
  - a. Grounds for removal include, but are not limited to, arguing with officials, using profanity or obscene gestures, improper contact with a child, and not following and acting in compliance with the rules listed in this packet
2. Inclement/Severe Weather and Emergency Policy:
  - a. See Attached Policy for Information and Guidelines
  - b. Please make sure all coaches, players, and anyone associated with the team (parents, other family members) are familiar with the policy
3. Cancellation Information:
  - a. Website: [sedaliaparks.com](http://sedaliaparks.com); Facebook: Sedalia Parks and Rec; Textcaster (sign-up on the Sedalia Parks and Recreation website)
4. Contact Information:

Parks and Recreation Office/Convention Hall  
1500 West 3<sup>rd</sup> Street  
Sedalia, MO 65301  
660-826-4930

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