

**BALLSTON SPA
JUNIOR BASEBALL LEAGUE**

LEAGUE HANDBOOK



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Ballston Spa Junior Baseball League, Inc

Ballston Spa Junior Baseball League, Inc. League Handbook

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INTRODUCTION

Purpose

The purpose of this handbook is to provide information and guidance to the players, managers, coaches, parents, umpires and league officials in matters of rules, ethics, discipline and general baseball knowledge and how it pertains to the Ballston Spa Junior Baseball experience.

League Mission Statement

The mission of Ballston Spa Junior Baseball is to sponsor a broad-based Baseball program, which positively reflects the interests and values of our programs players, coaches, family and friends that support us.

The primary objective of our house league program is to provide our community youth the opportunity to play baseball with their peers and classmates and develop a love for the game.

The primary objective of our travel league program is to provide a pipeline for next level skills and team development for our school modified and high school program.

Our program maintains a strong commitment to teamwork, sportsmanship, and responsibility, behaving in a manner which reflects positively on Ballston Spa Junior Baseball.

Our program aspires to provide the necessary resources for our athletes to compete at all levels and it looks favorably to our opponents and our community.

Ballston Spa Junior Baseball, Inc. Board of Directors

The BSJBL Board of Directors is comprised of highly involved and motivated individuals with the task of ensuring a safe, educational and efficiently operated league while providing a quality baseball experience for our players, coaches, parents and umpires. The Board consists of eleven positions covering all aspects of the league's day-to-day operations. The Board exists to serve the players first, and it is important to remember that as public servants, the Board is a valuable resource in ensuring our children have a productive experience in Ballston Spa Junior Baseball.

Different Levels of Play

The Ballston Spa Junior Baseball League offers playing opportunities for players ages 7 to 18 in non-travel and travel leagues.

Rookie Division - Recreational

- Ages 7 – 8

Minors Division – Recreational, more competitive

- Ages 9 - 10

Majors Division – Recreational, Competitive

- Ages 11 – 12

Senior League – Recreational, Competitive

- Ages: 13- 15

- Full baseball rules are in effect (i.e. players can steal, run on dropped third strike, commit balks, etc.)

Spring/Summer & Fall Travel - Competitive

- Ages 8 – 18

- Prospective players participate in an active, competitive, open try-out process as established by the board of directors.

- Players are not guaranteed playing time.

- Multiple teams may exist at each age group if interest warrants.

CODE OF CONDUCT

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.” In order to achieve the goals of the league, a Code of Conduct has been adopted by the Board of Directors. In addition, procedures for the handling of violations of the Code have been developed. We believe all members of the Ballston Spa Junior Baseball League can ensure that the experience is positive by adopting the following guidelines:

Players’ Code of Conduct

- Play by the rules.
- Never argue with an official. If you disagree, have your coach or manager approach the official during a break in play or after the game.
- Verbal abuse of officials, players and/or coaches is not acceptable or permitted behavior.
- Refrain from foul or obscene language, including indecent gestures.
- Players will not harass other players in any way during a game either on the field or in the dugouts. This includes the annoying rally chants and yelling out at the batter during a pitch.
- Refrain from throwing any object(s) in a show of temper or disgust.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, teammates and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Refrain from substance abuse, tobacco and alcohol use.
- Sign and agree to the “Players’ Code of Conduct,” which will include, but not be limited to, the above requirements.

Parents/Spectators Code of Conduct

- Remember that children participate in sport for *their* enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance, rather than winning or losing.
- Encourage children to always play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule, scold or yell at a child for making a mistake or losing a competition. Positive comments are motivational.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Applaud superior performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the game's outcome.
- Show appreciation for volunteer coaches, officials and administrators.
- Refrain from foul or obscene language, including indecent gestures. Spectators will be asked to leave the fields or their team will forfeit.
- Refrain from approaching players, coaches or officials before, during or immediately after games with anything other than congratulations.
- Promote the emotional and physical well-being of the athletes ahead of any personal desire you may have for your child to win.
- Refrain from coaching your child or other players during games and practices, unless you are one of the official coaches of the team.
- Refrain from substance abuse, tobacco and alcohol use while at the playing fields. Sign and agree to the "Parents Code of Conduct," which will include, but not be limited to, the following requirements.
- I will respect the privacy of the coaching staff after hours and during the workday, and avoid calling or contacting them on baseball matters in a manner not previously agreed upon.
- I agree to call and let someone know if my child will not be able to participate in a practice or game.
- I agree to ensure that my child has safe and sufficient transportation to/from games or practices.
- Complete the mandatory 6 hours of volunteer work by assisting with field prep, working in the concession stand or on any other project that the league may need assistance with.
- In the case of Travel Baseball, I understand that one of the primary goals is to field a competitive team, and can expect my child to play an important role on the team regardless of my expectations of his/her playtime.

Coaches Code of Conduct

- Remember that children participate for pleasure and winning is only part of the fun.
- Never ridicule or verbally abuse a child for making a mistake or error.
- Be reasonable in your demands on players' time, energy and enthusiasm.
- Operate within the rules and spirit of baseball and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience.
- Avoid overplaying the talented players.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control, respect and professionalism to all involved. This includes opponents, coaches, officials, administrators, parents and spectators. Encourage players to do the same.
- Show concern and caution toward sick and injured players.
- Refrain from throwing any object(s), or engaging in any hostile behavior in a show of temper or disgust.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Refrain from substance abuse, tobacco and alcohol use while at the playing fields.
- Players or managers using foul language or foul gestures will result in immediate expulsion from game. No warning need be given. Those in violation will be asked to leave the fields or their team will forfeit.
- Sign and agree to the "Coaches Code of Conduct," which will include, but not be limited to, the above requirements.

League Officials

- Responsible for representing the League in a positive light and for providing a good example for players, coaches and parents.
- Maintain exemplary conduct and sportsmanship always.
- Place the best interests of the League and its players, coaches, parents and administrators before individual objectives.
- Conform to all rules established by Ballston Spa Junior Baseball League.
- Review the conduct of any player, coach, parent or official in a fair and equitable manner, without consideration of the individual involved. Take required and necessary actions in accordance with the rules established by the Ballston Spa Junior Baseball League.

Code of Conduct Violations & Remediation

The Ballston Spa Junior Baseball League is concerned about the safety and well being of the children participating in baseball activities. This includes both the physical and mental well being of each participant. Managers, coaches, parents and spectators need to have a positive influence on our players and will be evaluated accordingly. The Ballston Spa Junior Baseball League Board of Directors has instituted a Code of Conduct Policy that will help enforce an acceptable code of conduct for all participants.

Following is the procedure that shall be used for the resolution of alleged violations of the Ballston Spa Junior Baseball League Codes of Conduct. This procedure is applicable to all members of Ballston Spa Junior Baseball League including (but not limited to) members of the Board of Directors, coaches, managers, umpires, players, parents and spectators.

1. Any coach, manager, player or spectator who is ejected from a game by an official will be asked to leave the premises (BSJBL property) within ten (10) minutes of the ejection or his/her team will have to forfeit the game. Any person ejected from a game will be automatically suspended at a minimum, from being able to participate in his or her teams next two games. This minimum can be decreased at the discretion of the BSJBL Board of Directors. The BSJBL also has the option to impose further penalties if warranted by the infraction, including but not limited to relieving the manager, coach or player from further league involvement and banning the individual from all BSJBL facilities and activities. Further ejection from any game will result in suspension until a hearing before the BSJBL Board of Directors, at which time further disciplinary actions will be decided.
2. Alleged violations of the Codes of Conduct, including those that do not result in ejection from a game, shall be documented in writing and delivered to a representative of the league (i.e. member of the board of directors) in person, via email or in writing addressed to the President of the League (P.O. Box 172, Ballston Spa, NY 12020) within 24 hours of the offense. The league official shall refer the documentation of the alleged violation of the Codes of Conduct to the full Board of Directors when received.
3. The Board of Directors shall review the matter in a reasonable period and attempt to resolve the issue. Any punishment recommended shall be approved by the full Board of Directors.
4. Player violations of the Code of Conduct shall be resolved by the team manager whenever possible. If an issue cannot be resolved appropriately, it shall be forwarded to the Board of Directors for appropriate action.
5. Should the Board of Directors review a matter and find the charge warranted, unless previously covered in Section 1 of the Code of Conduct, the following actions are available:
 - Letter of Warning and Reprimand from the league
 - Suspension for one or more games
 - Suspension for the remainder of the season.

- Lifetime ban from BSJBL activities

Zero-Tolerance Policy: Drug and/or alcohol violations, physical/mental/emotional abuse, or fighting of any kind will result in immediate expulsion from Ballston Spa Junior Baseball League.

6. Should a person be suspended for any part of the season, they may not be present at any Ballston Spa Junior Baseball League activity while under suspension. This includes practices and ballgames for a team which they participate, or on which their child participates. This also includes, but is not limited to practices, field maintenance, league volunteer activities, coaching, managing, concession stand duties, being a spectator and/or umpiring.
7. The League President will forward the decision of the Board to the offending party.
8. A person may appeal the decision of the league by documenting the appeal in writing and delivering it to the Board of Directors for review.

LOCAL RULES

1.00 Rules of the Grounds

1.01 The Field

- (a) Who gets which dugout? - Home team will occupy the first base dugout; visitors occupy third base dugout.
- (b) Batting cage schedule is determined by the Senior and Junior League Directors.
**** Please be courteous; if your team does not intend on using the batting cages, inform the opposing team.
- (c) Field Preparation - Home team is responsible for preparing the field including: raking if necessary, chalking the base lines and batter's box (please refer to field preparation section of the Official Rulebook).
- (d) On Deck Batters/Players in the Dugout - One player is allowed in the on-deck circle, all other players are to remain in the dugout.
- (e) Safety is a must. Protective headgear (i.e., helmets) shall be worn on deck, at bat, while a base runner, and by player's in the coach's box, during both practice and all games. Such headgear must cover the top of the head and have extended earflaps, which cover both ears, and properly fits the player wearing it. **Penalty** – If a player refuses to wear headgear, he shall be removed from the game.
- (f) Post-game field maintenance - Visiting team is responsible for post-game field maintenance including: post game field grooming and raking, covering pitcher's mound and batter's box with tarps. Each team will be responsible for cleaning up their own dugouts, including emptying the large trash bins if they are full.
- (g) Concession Stand – The Home Team on Field 2 will cover the concession stand for the first half of the game and Visitor Team will cover the concession stand for the second half of the game. Ultimate responsibility of providing parents for the concession stand resides with the team manager and/or team coordinator. Any parent refusing to do his or her assigned concession duties without an appropriate/valid reason will force the manager to suspend the player until their parent fulfills his/her concession duties. Any team which does not fulfill their concession duty will receive an official warning the first offense and a 1 game forfeit in the playoffs for each subsequent offense.
- (h) Post-Game Lock Up – The Home team from the last game of the day for a given field is responsible for post-game lock up. This includes the storage sheds, the storage building overhead door and the concession stand.
- (i) Scoreboard operation is the responsibility of the visiting team. If scoreboard is operated, it is the responsibility of the scoreboard operator to be alert and report the correct score, innings and counts. Failure to do so will result in forfeiture of scoring privileges for the

remainder of the season. Any minors operating the scoreboard will do so under the supervision of an adult and shall not abuse the privilege.

- (j) A total of 5 coaching staff are allowed in the dugout area during games: one (1) manager, two (3) coaches, and one (1) scorekeeper. Bat and ball kids are to wear helmets at all time and are the responsibilities of the manager. Base coaches are encouraged to wear helmets (with or without earflaps) while performing their duties, akin to the requirement in Major League Baseball.
- (k) No one is allowed standing in fair or foul areas except 1st & 3rd base coaches and pitchers and catchers warming up. Managers may stand next to end of fence near dugout. A spotter wearing a batting helmet and fielding glove will always accompany a battery (i.e. pitcher & catcher) while they are walking to/from and practicing in the “bullpen.”
- (l) Players may only leave the dugout for use of bathroom facilities.
- (m) All players must pick up dugout after each game.
- (n) Equipment (batting helmets, catcher’s equipment, some bats, balls) is provided to each manager at the beginning of the season. Equipment is to be cared for as if it were your own and is to be returned to the league at the end of the season. If you require more equipment during the season, please contact the Junior League Director. A team may practice on any other available field (non-league operated) if permission is received from the landowner AND the Junior League Director. League insurance does cover players on fields not owned by the league if it is an organized team/league practice with a manager/coach present and permission is granted by the owner of the grounds.
- (o) Practices – Each team will be assigned fields/gym time prior to the season opener. The schedule is determined by the Junior League Director.
- (p) First Aid Kits and Ice Packs are available for use to each coach and are in the league concession stand.

1.02 Playoffs

BSJBL provides extra playoff baseball to all players after the regular season. The Playoff formatting is at the discretion of the Board of Directors and may vary based upon but not limited to the number of players and teams, rain outs during the season, and available fields.

1.03 All Stars

All Junior Baseball Divisions:

Each year, it is the league’s option to play a house all-star game in the Rookie, Minors and Majors divisions. All-stars are chosen by each team’s coaching staff based on player’s attendance, abilities, skills, attitude and accomplishments throughout the season.

It is a reward for good play, good sportsmanship and being a good team player. Players should be chosen for what they have done and not who they are (i.e. coach's kid). The team's head coach must solicit feedback from the coaching staff and be the tie breaker when necessary. The Junior League Director will have final judgment as to the number of players sent from each team and will act as an additional consultant, tie breaker, when a coaching staff is at an impasse regarding player selection. There will be 2 All-Star teams that will play a single head to head game at the conclusion of the regular season. The house All-Star team's manager's positions will be offered to the managers from the recreational division 1st and 2nd place teams. Should the manager(s) for the 1st or 2nd place team(s) not be available or willing to participate, the 3rd place team manager will be next in line, and so and so forth and so on. It is customary for the all-star managers to ask other managers in his or her division to help coach the game. Players are not allowed to sit out more than one inning and a pitcher may only pitch one inning.

Rookie Division 7U Summer All-Star Team:

At the discretion of Jr Baseball Director, and dependent on interest and the player population at the 7 year old level, the Rookie Division may field a 7U Summer All-Star team. The 7U All-Star team would represent the Ballston Spa Jr Baseball in one BSJBL funded local tournament that will be determined by the All-Star Team coaching staff in coordination with the Jr League Director. Should the All-Star Team decide to seek out additional tournaments, fundraising or per player fees would need to be assessed to cover the additional cost.

Team & Coach Selection: Any coach/parent wishing to be the head coach for the Summer All-Star team should inform the Jr Baseball League Director of their interest. The Jr League Director will bring the pool of interested candidates to the BSJBL Board of directors, and the appointed All-Star coach will be determined by a board majority vote. It is customary for the appointed coach to extend an invitation to the other interested parties, but not required. BSJBL Rookie division head coaches will be given first consideration for this opportunity in recognition for the time commitment rendered during the Spring Recreational league season.

Uniforms: The league financed All-Star uniform will consist of a hat and a dry-fit jersey. Uniform Shirt sizes and player numbers and names are to be submitted to the Jr Baseball League director for jersey procurement.

1.04 Player Eligibility

- (a) The Ballston Spa Junior Baseball League's Junior League is for boys and girls between the ages of 7 and 12 years of age. Players should be 7 years old by May 1 to be eligible to play. Any player turning 13 years old by April 30th must move up to the Senior League.
 - a. 6 years old players may be considered for registration in the Rookie division. A player skills assessment must be conducted by the Jr Baseball League Director to evaluate and make a determination prior to being approved for registration. Safety should be the most significant consideration when evaluating. This individual evaluation may be inclusive in the skills assessment session.
- (b) A draft will determine Spring rosters. Fall rosters will be determined by the Junior League Director.
- (c) Uniforms – Players must be dressed in their team shirt and hat (provided by the league), full length pants (preferably gray baseball pants), long socks and cleats. Shoes, sneakers are not allowed and rubberized cleats must be worn.
 - a. Catchers must wear a protective cup, a supporter, as well as protective headgear during practices and all games. **Penalty** – If the catcher refuses to wear this equipment he shall be removed from the game.

2.00 General Rules

- (a) Managers and coaches are responsible to ensure all players have on the proper protective equipment.
- (b) Catcher's Mask and Throat Protector – An extended “dangling” throat protector is considered a required part of the catcher's mask. Hockey style catcher's masks with built-in extended throat protection are approved and do not require an extended “dangling” throat protector. **Penalty** – If the player, manager, or coach refuses to wear this required protective equipment, he shall be removed from the game.
- (c) Rules in the handbook are subject to change upon the decision of the BSJBL Board of Directors.
- (d) Coach Selection Process: Any parent/adult wishing to be considered as a head coach or assistant coach for a BSJBL baseball team should register through the on-line registration process (the same registration process utilized for registering a youth baseball player). The Jr League Director will bring the pool of interested candidates to the BSJBL Board of directors, and the appointed head coach will be determined jointly by the Board of Directors. An interview with the board may be requested but not required as part of the vetting process. It is at the appointed head coach's discretion who will be their one allotted pre-draft assistant coach. Assistant Coach's names will be provided to all selected head coaches that do not have an assistant coach to their team from the registration process.
 - (1) Assistant Coach's should enter in the comments section of the registration tool which Head Coach they are planning to assist.
 - (2) Head Coach's should enter in the comments section of the registration tool which assistant coach they are selecting as their one allotted pre-draft assistant coach and notify the Junior league director directly.
- (e) Any spectator, including league managers or coaches watching a game, shall not bring to the attention of anyone involved in the game, any infraction that he or she has noticed. Infractions must be handled by the umpires and managers of the game being played. A warning will be given to any manager/spectator who violates this rule and may be subject to ejection and other disciplinary action.
- (f) Any inning starting before two (2) hours shall be completed. No inning shall start after two (2) hours. It will be the umpire's decision whether a new inning will start within the closing minutes of a game. If a full inning is not completed, the score will revert to the last full inning. Umpires can call games due to darkness, weather conditions or any other reason they deem as unsafe. All games will be delayed at the first sign of lightning. The amount of time the game is delayed will not count towards the two hours and 15 minute time limit.
- (g) Seven and eight-year old's must play in the Rookie division. As an exception an eight-year-old may be advanced to the Minors division via special permission granted by the Jr League Director, who will observe the player and decide. The Director's judgment is

final. The advancement of an eight-year-old to the Minors division is typically associated with providing a safe playing condition for the new or less experienced Rookie division players.

- (h) The division champions will be determined by the end-of-season playoff tournament.
- (i) Protesting a game is only allowed in the Minors and Majors divisions during the regular season. Protests are allowed in all divisions during the playoffs. Protests will be governed by rule 4.19 of the official rule book and by the following local procedure:
 - (1) The protesting manager must notify the umpire in charge who will notify the opposing manager, **prior to the next pitch.**
 - (2) The protesting manager, game umpire and opposing manager must submit to the director a written account of the incident **within 24 hours.**
 - (3) The director will then turn over all statements to the Board of Directors **within 24 hours.**
 - (4) A meeting will be scheduled by the Board of Directors within one week for all parties to meet.
 - (5) Witnesses may be brought to the meeting. Witnesses excluded from the meeting are the managers, coaches, players and parents involved in the incident.
 - (6) There will be no discussion with anyone involved regarding the protest.
 - (7) Protest information will include names of each team, managers, umpires, phone numbers, date & time, inning and detailed description of event being protested with reference to specific Official / Local rule.
- (j) Dogs are not allowed anywhere on BSJBL grounds and facilities, except for service dogs. Violators will be asked to leave the premises.
- (k) A manager, coach or other team representative is allowed one (1) offensive timeout per ½ inning. The intent of this rule is to prevent excessive meetings between a batter and a coach/manager, which inevitably slow the pace of the game.
- (l) For a recreational game to begin, each team must have at least eight (8) players to start the game. After the game has commenced, if a team's roster is diminished due to injury (only), the team may play with a minimum of eight (8) players without forfeiting the game. Please see the associated rules in Rookie and Minors sections below related to "borrowing" players (this is an exception to players playing outside their age group). ** Please note that if a game is to be forfeited, the scheduled umpire **MUST** leave the field for insurance and liability reasons. Please do not ask them to officiate a scrimmage with players borrowed from the scheduled opposing team.**
- (m) A game between two Ballston Spa Rec teams will terminate once it has become official if the winning team is ahead by 10 runs or more, or 12 runs if the game is between a BSJBL Rec team and an outside travel team.

2.01 Drafting Guidelines & Procedure

- (a) The aim of the BSJBL Recreational Program Drafting Process is to provide for a method where the strength of teams across the relative divisions is as even as possible, thereby creating as even a playing field as possible.
- (b) A draft is to be conducted within 1 week after the skills evaluation session to allow for indoor practices to be held with allotted BSJBL gym time.
- (c) The Jr League Baseball Director will be responsible for scheduling and coordinating the pre-season draft.
- (d) At a minimum, one additional board member will be present at each division draft. The additional board member(s) present must be a board member that does not have a child/player in the division being drafted and therefore is without bias. Should a board member not be available that meets these unbiased criteria, a league parent should be solicited as the additional representative that does meet these criteria. Wherever conflict of interest is present with the Jr Baseball Director, the unbiased representative will have decision making authority.
- (e) Travel Team players (both within and external to the BSJBL organization) will be drafted in pre-determined groupings prior to the non-travel baseball player population. The objective is to create groupings of equal strength, or near to equal strength, to maximize the potential for a competitive recreational program. A player will be considered a travel level player if that individual was rostered on a travel team (Spring or Fall) anytime within the prior 12 months.
- (f) Each head coach is permitted to designate only 1 pre-draft assistant coach. The head coach and assistance coach's sons or daughters will automatically be assigned to the team.
 - a. If the son(s) or daughter(s) of the coach or coaches are non-travel players, they will be drafted as the 6th round pick for the one coach's child, and, if applicable, the 7th round pick for the other coach's child. If only one coach's child is a non-travel player, they will be counted as the 6th round pick.
- (g) Skills Evaluation Session.
 - a. Each junior baseball division (Rookie, Minors and Majors) will have a Skills Evaluation Session for the coaches to see and assess player skill levels.
 - b. The skills assessment attached to this procedure (See Attachment A) is a guideline for coaches to use at the Skills Evaluation Session.
 - c. Each player will be provided pre-determined bib #s.
 - d. The following drills will be utilized as the player evaluation format.

Fielding / Throwing

- SS to 1st fielding and throwing – 2 consecutive ground balls per player, followed by 2 direct throws, simulating a line drive.

Batting

- T Hitting – 3 hits
- Short Toss from 30' feet – 3 Hittable pitches

Base Running / Speed

- 1st Base to 3rd base

NOTE: A T-Ball is to be used for Rookie player assessment drills.

(h) Treatment of Siblings in a Common Division.

- a. Siblings in the same division are to be drafted to the same team. If the siblings are travel players, the respective team will automatically draft those in accordance with the travel player drafting guidelines. If one sibling is a travel player and the other sibling is a non-travel player, the non-travel player sibling will be assigned to the team that drafts the travel player sibling and will count as the 5th round draft pick if the non-travel player sibling is 2nd year eligible (as per age qualification), or as the 8th round draft pick if the non-travel player sibling is 1st year eligible (as per age qualification) for a given division (i.e. Majors, Minors, Rookie).
- b. If the first sibling is drafted in the 8th round or thereafter, the second sibling will count as the next round draft pick.

(i) Trades

- a. Trades are permitted post draft, but must be executed prior to communicating rosters to the baseball community.
- b. To request a trade, the head coaches from each team involved in the proposed trade request must submit a pre-agreed to request to the Jr Baseball League Director.
- c. All trades must receive a board simple majority vote for authorization.
- d. For trades to be considered, the following conditions must be present:
 - i. The skill level for the players being traded (as assessed during the skills assessment session) must be reasonably close.
 - ii. The players associated with the proposed trade must be present at the skills assessment session. Players picked randomly out of a hat (absent for the skills assessment session) are not eligible for trade consideration.
- (j) Draft position will be based on a random draw. This position will be held the entire draft.
- (k) The draft will start with the first position in the draft order making the first selection in odd numbered rounds. The last position in the draft will make the first selection in even numbered rounds. A team will not participate in a draft round in which a player has already been chosen through coach association or sibling association. This procedure will continue until all players are selected.
- (l) Players who are eligible for the draft but do not attend the Skills Evaluation Session for that age division will be drawn out of a hat at the conclusion of the draft following as a continuation of the draft order as outlined above.

2.02 Pitching

The following rules apply to all Ballston Spa Junior Baseball League teams, including recreation (rec), travel, and all-star teams. District All Star teams will follow all Cal Ripken tournament pitch count rules.

- (a) Any player on a regular season team may pitch.
- (b) There is no limit to the number of pitchers a team may use in a game.

- (c) For the Rookie division only during local league play, no pitcher is allowed to pitch in more than two innings per game, with a pitcher not being permitted to pitch in more than three (3) consecutive days/games. If a pitcher pitches in 3 consecutive days/games (6 innings max), the pitcher is required a day's rest. The two innings per game would reset after a day's rest.
- (d) For all divisions other than Rookie division, pitch counts limitations and required rest periods will be applied as described in the "Pitch Count Limitations and Rest Requirement" Table below. Travel pitch counts and Rec league pitch counts are to be combined and counted toward the total allowable pitch count.
- (e) Except for tournament play, no pitcher will be allowed to pitch in Rec and/or Travel games for three consecutive days, regardless of pitch counts. For tournament play, a pitcher will require 5 nights rest after pitching for three consecutive days.
- (f) In the recreational divisions, a player may not pitch in more than one game in a day.
- (g) With the exception of the Rookie division, each team will record pitch counts for each pitcher of record each inning and report to each other between half innings to confirm count. If there is a discrepancy, the home team's pitch count will be the official count of record for discrepancies less than or equal to 5 pitches. For anything greater, a rounded average of the two counts will be recorded.
- (h) It is the manager's responsibility to remove a pitcher when that pitcher is no longer eligible.
- (i) For Junior Baseball divisions, the head coaches, or acting head coaches, must submit the final pitch counts recorded for each team to the respective travel team coach.
 - This communication is to include the following: 1) the date of the game of record; 2) the total pitch count for each pitcher from both teams; 3) the pitch count at the point where each pitcher from both teams started on his final batter faced.
- (j) For Senior Baseball, the head coaches, or acting head coaches, must submit the final pitch counts recorded for each team to the Sr League Baseball Director immediately following each game.
 - This communication is to include the following: 1) the date of the game of record; 2) the total pitch count for each pitcher; 3) the pitch count at the point where each pitcher started on his final batter faced..
- (k) The Travel Coaches will be responsible for tracking and submitting seasonal and annual total pitch count accumulations to the Travel Director monthly.
- (l) Pitches delivered in games declared "Regulation Tie Games" or "Suspended Games" shall be charged against a pitcher's eligibility.
- (m) Once a pitcher has been removed from the mound, that pitcher cannot return as a pitcher in that game.
- (n) The following guidelines should be considered for additionally protecting youth baseball pitcher. For at least three consecutive months per year, a pitcher should avoid overhead throwing activities (e.g. baseball, throwing drills) as well as activities that

involve rigorous overhead activity (e.g. swimming, tennis) in order to allow the arm to rest, recover, heal, and undergo natural maturation and development.

- **8-12 Year Old Pitchers**
2000 pitches per year
- **13-14 Year Old Pitchers**
3000 pitches per year
- **15-18 Year Old Pitchers**
3500 pitches per year

2.02.1 Recreational League Exclusive Pitching Policies

- (a) Intentional walks are not permitted in all Jr Baseball League divisions.
- (b) The Jr League Director, and not the umpire, is the arbiter over pitch count infractions. If a manager feels another manager has violated the pitch count rules, they shall submit a protest in accordance with the protest process as outlined in this League Handbook.
- (c) Any Recreational game, in which an ineligible pitcher has been used, as specified below, shall be declared forfeited. The withdrawal of an ineligible pitcher before that player has pitched a ball to a batter, shall not be considered in violation.

2.02.2 Recreational & Travel Pitch Counts Limits and Rest Requirements

Our youth player safety is of the utmost important, and is given the highest priority; therefore, robust coordination is necessary to protect the health of our youth pitchers, particularly where a player pitches for a recreational team in addition to a travel team.

- a) The Jr League Director is responsible for distributing the contact information to the recreational and travel team coaches.
- b) Travel coaches will coordinate the shared use of pitchers and allocated pitch counts for each pitcher for each pitching week in accordance with the league's pitch count limits and rest requirements.
- c) Travel Coaches are to submit a projected pitching schedule and allowable pitch counts to the respective recreational league coach and copy the Jr Travel League Director and Jr Baseball League Director on the communication (See Attachment C: Example: Travel Coaches Pitch Count Communication). Allowable player pitch counts will be in accordance with the League's pitch count limits and rest requirements below.
- d) Travel games are given a priority over recreational games with the intent being the following:
 - 1) To provide for a baseball experience where non-travel players and travel players that do not pitch for their relative travel team have many opportunities via the recreational baseball league experience.
 - 2) To protect the travel player arms.
- e) There are no limitations on the number of innings a Rec or Travel pitcher may pitch in a regular season recreational or travel game, subject to the following pitch count limitations

and required rest periods by age. The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

PITCH COUNT LIMITATIONS AND REST REQUIREMENTS						
AGE	DAILY MAX (PITCHES PER DAY)	REQUIRED REST PERIOD (NIGHTS)				
		1 Night	2 Nights	3 Nights	4 Nights	5 Nights
7-8	50	1-20	21-35	36-50	NA	NA
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	*41-60	*61-75	*75+
15-16	95	1-30	31-45	*46-75	*76-85	*85+
17-18	105	1-30	31-45	*66-95	*96-105	*105+

Note: This table has been modified from USA Baseball’s Pitch Smart Guidelines to note night’s rest versus days’ rest, as well as any *variations from recommended pitch count ranges, for uniformity with NYSPHSAA pitch charts.

- Exception: If a pitcher reaches a pitch count range limit imposed for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. that batter reaches base; 2. that batter is put out; 3. the third out is made to complete the half-inning. In these instances, the required rest period for the previous pitch count range will apply.
- Note 1: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.
- Note 2: For recreational games only, any player who has played the position of catcher in four or more innings in a game is not eligible to pitch on that calendar day.
- Note 3: For regular season travel games, a pitcher must adhere to the 2-night pitch count limit in order to be available to pitch in another travel game on the same day (i.e., double header).

2.02.3 Tournament Pitch Counts and Rest Requirements

- a) There are no limitations on the number of innings a player may pitch in a tournament game subject to the following pitch count limitations and required rest periods listed in the below.

TOURNAMENT PITCH COUNT LIMITATIONS AND REST REQUIREMENTS				
AGE	DAILY MAX (PITCHES PER DAY)	REQUIRED REST PERIOD (NIGHTS)		
		1 Night	2 Nights	3 Nights
7-8	50	1-20	21-35	36+
9-10	75	1-40	41-65	66+
11-12	85	1-40	41-65	66+
13-15	95	1-45	46-75	76+
16-18	95	1-45	46-75	76+

Note: The BSJBL travel tournament pitching limits and rest requirements are identical to the 2017 official Cal Ripken/Babe Ruth tournament pitching rules, with the exception of the rest period terminology. The rest period terminology has been modified from Cal Ripken/Babe Ruth Tournament Pitching Rules to note night's rest versus days' rest for uniformity with NYSPPSAA pitch charts.

- b) If the pitcher reaches the daily maximum pitch count limit (or exceeds the upper limit of a pitch count range) while facing a batter, he may continue to pitch until the batter reaches a base safely, is put out, or the third out is otherwise made to complete the inning. In these instances, the required rest period for the previous pitch count range will apply.
- c) Travel coaches should avoid pitching a player who has played the position of catcher in four or more innings in a game.
- d) A player who has pitched 41 or more pitches in a game is ineligible to play the position of catcher in the same game.
- e) For travel tournaments, a pitcher must adhere to the 1-night pitch count limit to be available to pitch in another tournament game on the same day (i.e., double header).

2.03 Batting

- (a) At the Rec league level, all players on the roster will be put in the batting order and must bat. After the start of a game, any new player(s) will be added to the end of the batting order.
- (b) When a player is ejected or leaves the game for any reason, other than an injury, an out will be recorded when that player was due to be up in the batting order. **EXCEPTION** – Both coaches may agree to waive this provision **ONLY** if not forced to leave by ejection (i.e. school or family function, etc.). This exception should be decided and agreed upon by both managers in the presence of the officiating staff before the start of the game.
- (c) All batting practice prior to the start of the game will take place at the backstop to avoid disturbing chalk lines.

2.04 Playing Time

- (a) At the Rec league level, no player shall sit on the bench for more than two (2) defensive innings in a game, and must not sit on the bench for two (2) consecutive innings. EXCEPTION: if a player is injured during the game, becomes ill during the game, or behavioral disciplinary action needs to be taken, the manager may override this rule – in any case, the parent(s) and the opposing manager must be notified at that time.
- (b) In Rookie and Minors, each player will play at least one (1) inning in the infield during a full length six (6) inning game. EXCEPTION: it is recognized that a player may be in physical danger playing the infield due their fielding and catching capabilities – in such a case, the coach should discuss this with the parent and help the player overcome this situation during the season – it should be the goal of the coach to advance the basic capabilities of player to overcome this scenario. The manager should discreetly inform an opposing manager of this type of situation before the game starts.

2.05 Slight Injuries

- (a) Any player taken out of a game may return, if the manager determines that the player is fit to resume play. Manager shall notify umpires and opposing manager. The player shall resume their place in the original batting order.
- (b) Any batter or base runner who is injured and requires a substitute, the last player not on the field in the current batting order shall replace the player (i.e. Batter # 4 is hit by pitch, #3 replaces providing he is not on base; if so, then #2, etc.)

2.06 Base Runners

- All base runners must avoid intentional collisions with defensive players. The umpire may call the runner out if in their sole judgment an intentional collision occurred by the base runner. A runner sliding into any base shall not be ruled as interference unless in the judgment of the umpire, the runner makes a deliberate attempt to initiate physical contact with a defensive player to distract or “break-up” a defensive play.
- Sliding head first **into** a base is prohibited. The runner shall be called out by the umpire on the first offense and ejected for the second offense. Note: Diving head first **back** to a base is permitted.
- A runner may not run out of a direct line to the plate in order to initiate contact with the catcher, or any player, covering the plate. If he does, the umpire can call him out even if the player taking the throw loses possession of the ball.
- The catcher may not block the pathway of a runner attempting to score unless he has possession of the ball. If the catcher blocks the runner before he has the ball, the umpire may call the runner safe.
- All calls will be based on the umpire's judgment. The umpire will consider such factors as whether the runner made an effort to touch the plate and whether he lowered his shoulder or used his hands, elbows or arms when approaching the catcher.

- Runners are required to slide when there is a play being made at home plate, and catchers in possession of the ball are allowed to block the plate. However, runners who do slide and catchers who provide the runner with a lane will never be found in violation of the rule.

3.00 Rookie Division Rules

- (a) Six innings constitutes an official game.
- (b) Once a game has started and is subsequently suspended due to weather or unsafe field conditions, the winner shall be determined by the score of the last completed inning.
- (c) Each team can field a maximum of 10 players on defense. *The 10th player must play in the outfield.*
- (d) Managers are required to rotate their players every two defensive innings. A coach is not required to rotate out their first baseman. The intent of this rule is to keep players who are comfortable with their skills as first basemen at first base in order to keep the game moving and to prevent any physical harm to players not capable of playing the position.
- (e) There is a three (3) run or three (3) out rule in effect in the Rookie division. Whichever occurs first will constitute an inning. The only exception will be a home run hit over the regulation outfield fence will allow all runs driven in to count in that inning. The three (3) run rule is waived in the last inning of an official game to allow the losing team to attempt to win the game, unless the game has already become terminated by the 10-run rule.
- (f) The option to play the final half of an inning when the score is such that there is no way the other team can win will be at the discretion of the managers.
- (g) Stealing third, and stealing home is not allowed.
- (h) A runner may steal second on a pitch thrown when the ball contacts the catcher's glove and is caught or stays in front of the catcher and between the outside lines of the right side and left side batter's box.
- (i) A runner on third is not allowed to taunt the pitcher.
- (j) Base runners cannot advance on a throw from the catcher to the pitcher after a pitch.
- (k) Infield fly rule is not in effect in the Rookie division.
- (l) No Bunting.
- (m) USA Baseball Bats are required. USA Baseball approved big barrel bats up to 2 5/8" are allowed.
- (n) During the regular season, if a team cannot field the minimum number of players needed to start a game, the coach may select any other Rookie division player who is not

scheduled to play a Rookie division game at the same time to join the roster for the game. The Rookie division player should not pitch in the game (to avoid consuming innings pitched for that player). As a courtesy, when choosing a substitute player, the head coach should contact coaches for recommendations and secure the parent contact information.

During Play-Offs, if a team cannot field the minimum number of players needed to start a game, the coach may select any other non-travel Rookie division player who is not scheduled to play a Rookie division game at the same time to join the roster for the game. The substitute player cannot pitch in the game. As a courtesy, when choosing a substitute player, the head coach should contact coaches for recommendations and secure the parent contact information.

- (o) Once a play has been made, the play is dead, and runners may not advance to the next base. As long as the player has advanced beyond a base before a play is made, the base-runner may continue to the next base. A play is not considered made for as long as a player holds onto a ball without an attempt to make a play. The following constitutes a play being made.
 - i. Player fields the ball and makes a throw to another player on the team that is in the infield and the receiving infield player gloves and/or controls the ball. Note, it is not necessary that that player be standing on a base.
 - ii. Player fields the ball and runs to a base to make a tag or a force play. The play is regarded as complete when the player reaches and tags the base, or makes a tag or tag attempt on a base-runner.
 - iii. Runners are not allowed to advance on an overthrow to any base. A play is immediately dead on an overthrow.
- (p) Umpires will be provided for Rookie division games from the high school umpire pool. Should an umpire(s) be unavailable, a parent volunteer will be required. It is necessary therefore to include the 'Back-Up Umpire' volunteer role in each Rookie division team's volunteer schedule.
- (q) A parent or coach will come in to pitch if a Rookie division pitcher throws three (3) balls to a batter. A parent/coach cannot walk a player unless said batter is hit by the pitch.
 - Exception: If pitcher achieves a full count (3 balls and 2 strikes), the pitcher is given the opportunity to get the batter out. If the pitch is ball (4), the parent or coach will come in to pitch.
- (r) A batter hit by pitch that elects to continue at bat is granted a total of 6 strikes (in lieu of 3 total strikes) prior to being called out. Additionally, the parent or coach pitcher comes into pitch immediately upon a player being hit by a pitch. This is not applicable to getting hit by a pitch by the coach or parent pitcher.
- (s) Outfielders must play in the outfield. Both feet must be on grass in the outfield until the ball is hit by the batter and put in play.

- (t) Rookie pitching distance is to be set at 42' utilizing the temporary mound and mound kit located in each home-field dug-out. This is to avoid unhealthy mechanics that is often experienced with 7 & 8-year old's attempting to repeatedly reach the 46' foot distance deployed in the Minors division.
- (u) Coach pitchers must pitch from the 42' mound that the Rookie players pitch from. One foot must be touching the mound when delivering a pitch.
- (v) There shall be no balks called in the Rookie division.
- (w) With base runners on 1st and 3rd situation, scoring from 3rd base on throw from the catcher to 2nd base in defense of a steal attempt is not permitted.
- (x) The team at bat must have a coach or parent as a back-up to the catcher during game play in order to keep the game on schedule. The coach should field and return all balls that make it past the catcher directly to the pitcher.

4.00 *Minors Division Rules*

- (a) Six innings constitutes an official game.
- (b) Four Innings constitutes a complete game if the game is called due to weather or darkness. All games that do not go the required four (4) innings (3½ innings if home team is winning) will be rescheduled and continued from the point where the game was stopped. Players in the original game will be in the same batting order and those absent from the original game will be placed at the end of the batting order. If a player from the original game is absent when the game continues, he/she will be removed from the batting order and all subsequent batters will slide up one position in the batting order.
- (c) There is a four (4) run or three (3) out rule in effect in the Minors division. Whichever occurs first will constitute an inning. The only exception will be a home run hit over the regulation outfield fence will allow all runs driven in to count in that inning. The four (4) run rule is waived in the last inning of an official game to allow the losing team to attempt to win the game, unless the game has already become terminated by the 10-run rule.
- (d) Mercy Rules
 - a. BSJBL (PLAYOFFS ONLY)– Any game is to be terminated once becoming regulation game (3½ innings if home team ahead, 4 innings if visiting team ahead) if one team is ahead by 10 or more runs and have had equal times at bat or the home team is leading.
 - b. Out of Town Team Playing BSJBL Team (Regular Season & Playoffs) - Any game is to be terminated once becoming regulation game (3½ innings if home team ahead, 4 innings if visiting team ahead) if one team is ahead by 12 or more runs and have had equal times at bat or the home team is leading.

- (e) Managers may substitute their players every defensive inning. Opposing managers must be notified of injuries or suspensions and any other changes that would affect the batting order.
- (f) During the regular season, if a team cannot field the minimum number of players needed to play a game, the coach may solicit any Minors division player or any Rookie division player, who is not scheduled to play a game at the same time. The player should not pitch in the game (to avoid consuming innings pitched for that player). As a courtesy, when choosing a substitute player, the head coach should contact coaches for recommendations and secure the parent contact information.
- (g) During Play-Offs, if a team cannot field the minimum number of players needed to start a game, the coach may select any other non-travel Minors or any Rookie division player who is not scheduled to play a game at the same time to join the roster for the game. The substitute player cannot pitch in the game. As a courtesy, when choosing a substitute player, the head coach should contact coaches for recommendations and secure the parent contact information.
- (h) Special Base Running Rule – When a pitcher is in contact with the pitcher’s plate and in possession of the ball and the catcher is in the catcher’s box ready to receive delivery of the ball, base runners shall not leave their bases until the ball has been delivered and has reached home plate. Once the catcher has secured the ball and the runner has stopped his forward progress, the runner must immediately return to the base.

NOTE: The ball remains live and should the catcher make a play on the runner, the runner can then attempt to advance.

- When a base runner leaves the base before the pitched ball has reached home plate and the batter does not hit the ball, the runner is permitted to continue. If a play is made on the runner and the runner is out, the out stands. If said runner reaches safely the base to which he is advancing, all runners must be returned to the based occupied before the pitch was made, and no out results.
 - If a base runner leaves the base before the pitched ball has reached home plate and scores as a result of a hit ball, the run does not count for the runner in violation.
- (i) Advancing home on a passed ball is not allowed.
 - (j) Advancing home on an errant throw from catcher to the pitcher following a pitch that is not put in play is not allowed.
 - (k) Dropped third strikes are not allowed and the batter is out. Base runners can advance with the exception to home.
 - (l) No Bunting.
 - (m) There shall be no balks called in the Minors division.

- (n) Unlimited runs last inning – umpire to have final decision as to what is last inning, coaches can give their input
- (o) The Minors division will follow the “visits to the mound” rule as specified in the Official Baseball Rule Book.

5.00 Majors Division Rules

5.01 Regulations

- (a) Six innings constitutes an official game.
- (b) Four Innings constitutes a complete game if the game is called due to weather or darkness. All games that do not go the required four (4) innings (3½ innings if home team is winning) will be rescheduled and continued from the point where the game was stopped to be considered a complete game. Players in the original game will be in the same batting order and those absent from the original game will be placed at the end of the batting order. If a player from the original game is absent when the game continues, he/she will be removed from the batting order and all subsequent batters will slide up one position in the batting order.
- (c) Rosters shall have a maximum of 13 players.
- (d) Players in the Majors Division may not participate in lower division games.
- (e) During the regular season, if a team cannot field the minimum number of players needed to play a game, the coach may solicit any Majors division player or any Minors division player, who is not scheduled to play a game at the same time. The player should not pitch in the game (to avoid consuming innings pitched for that player). As a courtesy, when choosing a substitute player, the head coach should contact coaches for recommendations and secure the parent contact information.
- (f) During Play-Offs, if a team cannot field the minimum number of players needed to start a game, the coach may select any other non-travel Majors division player or any Minors division player who is not scheduled to play a Minors division game at the same time to join the roster for the game. The substitute player cannot pitch in the game. As a courtesy, when choosing a substitute player, the head coach should contact coaches for recommendations and secure the parent contact information.
- (g) Dropped third strikes are not allowed and the batter is out. All base runners can still advance on a dropped third strike.
- (h) There is a five (5) run or three (3) out rule in effect in the Majors Division. Whichever occurs first will constitute an inning. The only exception will be a home run hit over the regulation outfield fence will allow all runs driven in to count in that inning. The five (5) run rule is waived in the last inning of an official game to allow the losing team to attempt to win the game, unless the game has already become terminated by the 10-run rule.

- (i) No inning shall start after 2 hours.
- (j) No inning shall start after 10:00pm.
- (k) The Majors division will follow the “visits to the mound” rule as specified in the Official Baseball Rule Book.
- (l) Mercy Rules
 - a. BSJBL (PLAYOFFS ONLY)– Any game is to be terminated once becoming regulation game (3½ innings if home team ahead, 4 innings if visiting team ahead) if one team is ahead by 10 or more runs and have had equal times at bat or the home team is leading.
 - b. Out of Town Team Playing BSJBL Team (Regular Season & Playoffs) - Any game is to be terminated once becoming regulation game (3½ innings if home team ahead, 4 innings if visiting team ahead) if one team is ahead by 12 or more runs and have had equal times at bat or the home team is leading.

5.02 Field and Game Composition

- (a) Field Decorum
 - (1) Base paths will be 70 feet in length.
 - (2) Pitching distance will be 50 feet, 6 inches from the front of the pitching plate to the back point of home plate.
- (b) Game Length
 - (1) Six (6) innings shall constitute a regulation game.
 - (2) It is considered a regulation game after 4 complete innings. 3 ½ innings if the home team is ahead.

5.03 Batting

- (a) Bunting is allowed with the following restriction – the batter is not allowed to show bunt, then pull the bat back and swing away (referred to as slash bunt). In this case the ball is dead, the batter is out, and no runners may advance.
- (b) USA Baseball Bats are required. USA Baseball approved big barrel bats up to 2 5/8” are allowed.

5.04 Pitching

- (a) Balks will be called in accordance with Official Baseball Rules and Regulations 8.05, with the following guidelines:

- (1) The first two weeks of the season, the umpires will be extremely lenient in regard to balks. The umpire should lean toward guiding the pitcher in regard to not committing balks vice enforcing penalties for balking. This does not mean balks should not be called or pitchers can get away with committing balks and “picking off” runners unexpectedly. The umpire should show restraint and make the calls as his/her judgment deems necessary. The umpire should make this quite clear to each manager prior to start of the game.
 - (2) After the first two weeks, each pitcher will be given one warning, and then rules guiding balks will be observed.
 - (3) Any team, player, coach, manager and/or spectator should not begin yelling “balk” at the first sign of the infraction, just as they should not yell the words “strike, ball, safe, out, fair, and/or foul.”. This can be interpreted as trying to distract or deceive the pitcher and other players or persuading an umpire’s judgment call. This is considered unsportsmanlike conduct and will be dealt with accordingly. It is the right of the manager, at the appropriate dead ball time to discuss with the umpire any interpretation of the balk rules or any other baseball rules.
- (b) Once a pitcher is removed from the game as a pitcher, he/she cannot return to the game as a pitcher, but can play any other position.

5.05 General Rules

- (a) Rotation of players – No player will sit more than two (2) innings each 7-inning game. Positions are at the discretion of the managers.
- (b) Mercy Rules - Any game is to be terminated once becoming regulation game if one team is ahead by 10 or more runs and have had equal times at bat, or the home team is leading.
- (c) There is a five (5) run or three (3) out rule in effect in the Majors division. Whichever occurs first will constitute an inning. The only exception will be a home run hit over the regulation outfield fence will allow all runs driven in to count in that inning. The five (5) run rule is waived in the last inning of an official game to allow the losing team to attempt to win the game, unless the game has already become terminated by the 10-run rule.
- (d) Metal Cleats are not allowed during local Rec league play, however they are allowed in PONY tournament play only as per Rule 8D of the PONY Rule Book.

6.00 Senior League Rules

6.01 General

- (a) All Senior League games are played under the Official Rules of baseball unless modified by BSJBL Local Rules and Regulations.

- (b) In addition to these rules, BSJBL establishes the following regulations:
- (1) Playing Time
 - All players shall play no less than 3 ½ innings each game.
 - Any violation of this rule shall result in forfeiture of the game and player must start next game and play entire game.
 - No penalty if the game does not reach the 7th inning.
 - (2) Tenth Player (EH) Extra Hitter - A manager must bat a tenth player
 - He/She shall be treated as any other starter.
 - If an injury occurs, he/she may be replaced.
- (c) No inning shall start after two (2) hours.
- (d) A game becomes official after 4 ½ innings of play. The game becomes complete after 5 innings of play. If a game is called before it has become a regulation game, the umpire shall declare it “**NO GAME**”.

6.02 The Player

- (1) Any team using a player not on the team roster will automatically forfeit the game. In the event that both teams use ineligible players, both teams will forfeit the game.
- (2) Every team must field nine roster players within 20 minutes of the scheduled start time, or they will forfeit the game.
 - (1) If a team of nine players is on the field and one player cannot continue the game for any reason other than ejection, the game need not be forfeited.
 - (2) A team with fewer than 8 players will forfeit the game.
- (c) There will be unlimited substitution of players at the Senior League Level. All starting players and substitutes must play a minimum of three (3) defensive innings, assuming a game goes seven (7) innings. Any attempt to subvert this rule will be subject to a disciplinary hearing from the BSJBL Board of Directors.
 - (1) If a player re-enters illegally as a pitcher, fielder, or runner, there is no penalty except according to the Official Baseball Rule 6.07 – Batting Out of Order.
 - (2) Batting order will be continuous at the Senior League Level.
- (d) A school player who is listed on the school roster as a pitcher is ineligible to pitch in Senior League unless approved by the school coaching staff. School pitch counts will be combined with Senior League pitch counts for the maximum.

- (e) The pitching ineligibility is only in effect until the end of school baseball.
- (f) Players serving as base coaches must wear helmets.
- (g) The use of donuts or similar attachments for batting or warm-up swings are allowed but will be limited to a designated area and will be limited to **one** on-deck batter only.
- (h) Any player who requires medical attention due to an injury will be required to have a doctor's permission in order to return to play.
- (i) Metal spikes are allowed in the Senior League. It is the umpire's judgment, if any intent to injure with metal spikes/cleats during game play will result in an automatic ejection and will be subject to further penalties from the BSJBL Board of Directors.

6.03 Protest Procedures

- (a) A manager may protest an umpire's ruling only if it's a rule violation through the following Senior League Procedures:
 - (1) A notice that the game is being played under protest must be filed with the Umpire-in-Chief by the Manager immediately at the time of the disputed decision and before the next pitched ball to the batter or the next play.
 - (2) The umpire must sign the home team score book at the time of the protest.
 - (3) A written report setting forth all the facts of the protest must be filed with the BSJBL Board of Directors within 24 hours of the game being protested.
 - (4) Before a decision is made by the Board of Directors, a clarification and interpretation of the rules may be secured in writing from AABC/PONY/ENYTB Headquarters.
 - (5) The decision of the Board of Directors is final with respect to protests.
 - (6) Should the ruling of the protest be sustained, the game will resume at the point of when the play in which the protest took place.

6.04 Schedules

- (a) Each team will play a predetermined number of games with the season ending with a playoff. The winner of each division will play a single game playoff to determine the league champion.
- (b) The rescheduling of games will occur for the following conditions only:
 - (1) Rain, or
 - (2) School events such as concerts, field trips, and baseball games whereby all players absent participate in the event or put the team below 8 players.

- (c) Games will be rescheduled at the first available date.
- (d) Playoff Schedule
 - (1) The playoff schedule/format is at the discretion of the Senior League Director.

6.05 Tournament Teams

- (a) Each Division in the League will independently send teams to the “All-Stars” to play area and regional competition should they opt to do so.
- (b) Nomination of these All-Star teams will be handled independently by each league division based on their own criteria.

6.06 Team Responsibility

- (a) The Home Team is responsible for reporting scores to the appropriate person in charge of schedules for their division.
- (b) The Home Team is responsible for supplying Official Baseballs for the game.
- (c) The Home Team is responsible for scheduling and paying for the umpires. Two umpires are required for each game.
- (d) The Home Team is the Official Scorebook and must be signed by the umpires present at the game.
- (e) Teams playing on their Home fields are responsible for the preparation of the field.
- (f) The Manager of the Home Field is responsible for contacting their scheduled opponent and the umpires, should there be a game cancellation. 2 hours notice when practical is required.
- (g) The visiting team shall take the field for a 15 minute warm up period (infield practice) 20 minutes prior to the scheduled start of the game. Ex: 5:40 – 5:55, 11:40 – 11:55, 2:40-2:55. The home team shall take infield any time prior to this.

6.07 Ground Rules

- (a) The following ground rules have been adopted pertaining to all fields hosting a Ballston Spa Senior League game. Each field may have unique characteristics that will be reviewed by both managers and the umpires prior to each game.
 - (1) The throwing of equipment will not be tolerated.
 - (2) Any ball, which gets by the catcher regardless of the distance, shall be a live ball so long as the ball stays in play. Runners may advance at their own risk.

- (3) The game will terminate once becoming official if one team is ahead by 10 or more runs and have equal times at bat or the home team is leading.

7.00 Travel Teams

7.01 Seasonal Coaches Meeting

Prior to each season the current travel coaches, new travel coaches, and League Travel Director will meet to set expectations and discuss any foreseen issues. Any necessary modifications to the Travel Team Guidelines and Procedures will be discussed and recommended to the Board of Directors for approval following this meeting.

7.02 Coaches

- a. Coach Solicitation: The position of travel coach should be announced via standard league communications. Interested parties should contact the appropriate travel director for an interview and candidate's player evaluation.
- b. Coach Selection: Coaches will be selected from interested parties within the BSJBL community. First year coaches will be interviewed by the travel director associated with their age group. Once all interviews are completed, the travel director will summarize all interviews and take his recommendation to the board of directors for an approval vote. If no interested parties come forward from the community, the league should address this by soliciting other potentially interested parties from outside of the community (coach with no BSJBL player). Background checks should be done on such individuals.
- c. Coach Criteria: Coaches should have a high performing baseball player, as the coach's child will be an automatic selection to the travel team. The travel director responsible for selecting and interviewing candidates will determine if the coach has a child who is ready to be a travel player. The travel coach selected will then determine who his assistant coaches will be based on similar criteria (interest and ability to coach and child skill level/attitude)

The coach candidate should demonstrate the ability and willingness to be active in the BSJBL community. Ideally, the candidate will be present at games, field clean up days, etc. The candidate should show evidence of being organized.

- d. Current coaches will have the opportunity to advance to the next division along with their current players. This will not apply if:
 - 1) The coach decides to resign his position.

- 2) The board has reasonable grounds to remove the coach.

7.03 Selection of a team

- a. All travel teams will be selected in the late summer or fall (for the following year's spring/summer team) and the late summer (for the current year's fall team) based on an open tryout, announced via standard league communication
- b. Each coach will determine the number of players that will be selected for each travel team, with a minimum of 11 players rostered for the spring team. Should a travel team coach determine that not enough travel level players are available at an age group to fulfill the minimum of 11 players, the Travel League Director must be consulted. Board approval is required prior to finalizing a team with a roster size that is below the established minimum. It is the leagues aim to maximize player development opportunities for the youth baseball community by establishing this team minimum.
- c. The intent of the BSJBL travel program is to give preference to community players. For players at tryouts evaluated and deemed to be close in skill, preference should be given to players from within the charter boundary. In cases where a player from outside the charter boundary is being invited to a BSJBL travel team tryout, the Travel Director will need to be informed with ample notice and a consultant will be hired for an unbiased check and balance for player assessments.
- e. Cal Ripken League Tryouts (7 to 12 years old): Player eligible for tryouts and team selection are those who reside in the Cal Ripken boundary area as defined in the league charter. This includes but is not necessarily limited to Ballston Spa, Galway, Malta, Round Lake and Milton and is subject to change. Player eligibility can be expanded to areas beyond the league charter boundary with the approval the Babe Ruth Inc. State Commissioner (e.g. a player is from a house baseball league that will not participate in the Cal Ripken tournament trail due to lack of interested players in their age group, or player is eligible if associated with a house baseball league that is not chartered with the Babe Ruth/Cal Ripken League).
 - i. Exception requests should be submitted to the BSBJL Travel Director on a case by case basis.
 - ii. Exceptions deemed viable by the BSJBL Board of Directors will be elevated to the Babe Ruth Inc. State Commissioner for review and decision.
 - iii. For any player who, for acceptable reasons, cannot attend a scheduled open tryout, the player will arrange a special tryout with that team's coaching staff. Once the established tryouts are conducted the team will be established and roster finalized by the team's coaching staff.
 - iv. Standard evaluation sheets will be used to rate each player and evaluations by the coaching staff will stand.

7.04 Which Age Division a Player Should Play In

Players may try-out for teams that they qualify for by age. Age qualification is determined by being at age or younger as of April 30th for the respective year:

- a.
- b. In situations where a team has a player(s) trying out that is playing up in age, it is necessary that the league hire an external evaluator (not part of the league in any way shape or form) to ensure that an unbiased source is included in the assessment.
- c. It is required that any player playing up in age be objectively evaluated as top 9 player. Players can be double rostered (2 different age divisions) to help fill temporary void. This will be voluntary and organized by the teams Coaches and parents involved. Player's priority commitment must be to age appropriate team unless that is considered different per the grandfathered team clause contained herein.
- d. If a permanent position becomes open (a player quits) the coach will determine if the team can continue with the remainder of players, conduct a call back of any players who were not selected for the team, or move a player up or down from another team (with corresponding coach, parent's consent and board approval). The Travel Director shall be contacted should a position open up and require a replacement.
- e. Age appropriate team doesn't exist or has been dissolved.
- f. Fall Travel Teams historically have had fewer kids available to field a team at all age levels due to conflicts associated with various commitments to fall sports programs at school. Rosters established for fall ball may require some players to move up or down in order to field a team. Travel Coaches shall work closely with the Travel Director to make necessary player adjustments to maximize travel play at all age levels in the fall (with corresponding coach and parent's consent). Any issues shall be submitted to the Board of Directors for review and decision.

7.05 Payment

Each Bearcat team will pay a fee per Jr. (9-12 yr. olds) and Sr. (13-18 yr. olds) player to participate in the Spring/Summer Season and a separate fee per player for the Fall Season. Player fees will be established by the Team Manager, Travel Director and Treasurer each year. Fees will be determined by assessing uniform costs, insurance costs, travel program registration fees, projected umpire fees, and field usage fees as determined by the prior year's actual operating costs and calculated on a per team.

- a. Any additional funds necessary to support the individual team will be determined by the team manager and presented to the Travel Director and coordinated directly with the league Treasurer. Fundraising may be required to support team budgetary needs. Some of these costs may include: practice facilities, apparel, special training and clinics.

7.06 Travel Players and Rec Program

- a. All Junior Travel Players are expected to play in the appropriate Rec Program.
 - a. A players must have played in at least 50% of their recreational games to be eligible for the Cal Ripken All-Star trail tournament.
- b. Senior Travel Players are not required to participate in both Travel and Rec Programs. However, to be eligible for Babe Ruth District All-Stars a Senior level player would need to play in the house recreational program.
- c. For rules and regulations that are applicable to the all Ballston Spa Junior Baseball League programs, see section 2.0 General Rules.

7.07 Uniforms

A common Bearcat uniform will be established and used year to year.

- a. A common order will be placed for all the Bearcat teams each Spring and Fall season to ensure lower costs and uniformity.

7.08 Practice Facilities

Each Bearcat team coach will be afforded the opportunity to request a practice field which will be established for the season.

- a. All Bearcat teams will be afforded one day a week prior to gaining a second day.
- b. Batting cages belong to the teams who have a field reserved for the current date.
- c. Winter facilities will be regulated by the Travel and Junior League Directors to establish balanced distribution of school facilities.

7.09 Travel Fundraising

All travel team's fundraising activities must to be coordinated with the Travel League Director and the League Treasurer.

7.10 Travel Team Finances

All travel team's finances shall be coordinated with the League Treasurer. All funds are to be held in the league bank account, monitored and distributed by the League Treasurer.

7.11 Umpire Resources and Payments

Umpire resources and fees will be reviewed at least annually by the board and modified as needed to meet the needs of the league. Payments to umpires shall be carefully tracked for League accounting purposes (via the BSJBL Umpire Log Spreadsheet provided to each team at the beginning of the season by the League Treasurer) by each team and reimbursement coordinated with the League Treasurer.

7.12 Chain of Command

Any problems or issues which arise on a team must be presented as follows:

- a. Head coach or Asst. coach(s),
- b. Travel Director
- c. BSJBL Board of Directors.

7.13 Attendance Policy

In order to be fair to other travel team members as well as to those children who decided not to tryout based on conflicts with other activities, BSJBL requires that all of its managers and players abide by the following attendance policy:

All BSJBL Travel Baseball players are expected to attend each scheduled game and practice. Any player who misses a game(s) should be reported to the Jr Baseball Director and Jr Travel League Director's attention.

In the event a player cannot make a scheduled recreational or travel game, every effort should be made to notify that coach with as much advance notice as possible, and it may be necessary to recruit substitute players in order to field a team.

8.00 BABE RUTH / CAL RIPKEN CHARTER

Overview

In 2018 the Ballston Spa Junior Baseball League (BSJBL) voted to charter with BABE RUTH LEAGUE, Inc.

The benefits of chartering with BABE RUTH LEAGUE, Inc. are as follows:

1. Officially align our baseball programs with a set of nationally recognized rules.
2. Opportunity for state, regional and/or national World Series tournaments at all levels.
3. Opportunity to participate in the Empire State Baseball League (ESBL) which provides travel baseball to community-based leagues in our region that are affiliated with national organizations like Babe Ruth League and Little League. Prior to chartering, BSJBL affiliated travel teams were only able to participate in one of the two regions travel baseball associations, Eastern New York Travel Baseball League (ENYTB).
4. Access to additional grant funding opportunities that require affiliation with a National Organization.
5. Be part of a national organization that puts the player first, not the organization. The Babe Ruth League is the fastest growing, most forward-thinking youth baseball organization.

For those who are not familiar with the Babe Ruth League, here are some key facts:

- Babe Ruth League was initiated 1951 for the purpose of developing a baseball program for young men between 13 and 15 years of age, eventually opening up to young men between up to 18 years of age.
- In 1982, Babe Ruth Baseball added a youth division to its program, the Bambino division for players ages 4-12. In July 6, 1999 the Bambino Division was renamed “Cal Ripken Baseball, a Division of Babe Ruth League, Inc.”
- It serves over one million players, ages 4 – 18 through Babe Ruth Baseball, Cal Ripken Baseball, and Babe Ruth Softball, along with Bambino Buddy-Ball for physically/mentally challenged ballplayers.
- Leagues are in existence in six countries and 50 states.

For more information on Babe Ruth League, check out www.baberuthleague.org

All-Star Trail Tournament

As part of BSJBL chartering with the Babe Ruth / Cal Ripken Baseball leagues we are able to take part in the annual summer All-Stars tournament trail. This tournament is comprised of the recreational league All-Star players. For a player to be eligible, that player must play in at least 50% of the regular recreational season games and post season play-off games. Additionally all players must be from within the chartered boundaries of our league unless special permission is granted from the Babe Ruth State Commissioner.

The All-Star tournament team for each age group is considered a separate team and experience from the seasonal travel team (Bearcats) for each age group. The travel teams are the travel arm of the BSJBL and the All-Star team is comprised of the All-Stars from a given age group from the BSJBL recreational program. Additionally, the All-Star team is required to roster a minimum of 12 players and a maximum of 15 players at each participating age group, whereas this specific roster size requirement is not applied to the seasonal BSJBL Bearcats travel teams.

Naturally, there will be significant, if not complete overlap between the age group travel team players and a given age group's All-Star team players. With this in mind, and given the value of consistency and continuity, the head coach, and coaching staff for a given age group's travel team will be the default coach(s) for the Babe Ruth / Cal Ripken All-Star tournament team. Should a given age group's travel team coaching staff elect not to take on the responsibility of coaching that age group's All-Star team, it is expected that the coaches provide the Junior Baseball Director at least a 1 month notice in order for the Junior Baseball Director to solicit and interview alternative coaches for the All-Star team head coach position. The selected head coach would then select his/her own supporting coaching staff.

The annual summer All-Star trail tournament starts with the Districts Round (circa late June), followed by the States Round (circa early July), followed by the Regionals Round (circa mid-July) and finally ending with the Finals Round (circa late-July).

9.00 COMMONLY MISUNDERSTOOD BASEBALL RULES

The rules below have been taken directly from the *Official Playing Rules*, and simplified for purposes of ease of understanding.

Infield Fly 2.00, 6.05(e), 6.05(l), 7.08(f)

The purpose of the infield fly rule is to prevent a defensive team from purposely dropping or not catching an infield fly with the intention of trying to turn a double play.

Basics:

- (A) Fair fly ball (cannot be a line drive or bunt) which can be caught, at the umpire's judgment, by an infielder with ordinary effort. The pitcher, catcher, and any

outfielder who stations himself in the infield on the play shall be considered infielders for the purpose of this rule. Judgment on this call is not made by arbitrary limitations such as the outfield grass, or base lines.

- (B) Runners on 1st & 2nd, or 1st, 2nd, & 3rd base
- (C) Less than two outs
- (D) Runners advance at their own risk. If the ball is caught the runners must tag up to advance.

Umpire shall make the call “Infield Fly” while the ball is in the air. Infield Fly is an umpire’s judgment call, and it will be his determination that the ball is at an elevation high enough to be considered an infield fly.

Strike Zone 2.00

Is that area over home plate the upper limit of which is a horizontal line at the midpoint between the top of the shoulders and the top of the uniform pants, and the lower level is a line at the hollow beneath the kneecap. The Strike Zone is to be determined from the batter’s stance as the batter is prepared to swing at a pitched ball.

Strike 2.00

Is a legal pitch when so called by the umpire, which –

- (A) Is struck at by the batter and is missed;
- (B) Is not struck at, if any part of the ball passes through any part of the strike zone;
- (C) Is fouled by the batter when he has less than two strikes;
- (D) Is bunted foul;
- (E) Touches the batter as he strikes at it;
- (F) Touches the batter in flight in the strike zone; or
- (G) Becomes a foul tip.

Foul Tip 2.00

Is a batted ball that goes sharp and direct from the bat to the catcher’s hands and is legally caught. It is not a foul tip unless legally caught. Any caught foul tip is a strike, and the ball is in play the same as if there was no contact with the bat.

“Legally Caught” means in the catcher’s glove before the ball touches the ground. It is not legal if the ball lodges in the catcher’s clothing or paraphernalia; or if it touches the umpire and is caught by the catcher on the rebound.

Ball 2.00

Is a pitch, which does not enter the strike zone in flight and is not struck at by the batter.

Note: If the pitch touches the ground and bounces through the strike zone it is a “ball”. If such a pitch touches a batter, the ball is dead, and he shall be awarded first base. If the batter hits such a pitch, the ensuing action shall be the same as if he hit the ball in flight.

Obstruction 2.00, 7.06

Is the act of a fielder who, while not in possession of the ball and not in the act of fielding the ball, impedes the progress of any runner. It is the judgment of the umpire as to whether a fielder is in the act of fielding a ball.

Note: The catcher; without the ball in his possession, has no right to block the pathway of the runner attempting to score. The baseline belongs to the runner and the catcher should be there only when he is fielding a ball or when he already has the ball in his hand.

Contact 6.07

If a runner attempting to reach home plate intentionally and maliciously runs into a defensive player in the area of home plate, he will be called out and ejected from the game. The objective of this rule is to penalize the offensive team for crashing the defensive player, rather than trying to reach home plate. This is an umpire's judgment call and cannot be appealed. It is encouraged that all players slide into a base during close plays in order to avoid contact and obstruction. It is imperative for all coaches to teach their players the safe and correct way to slide into bases before the season start. As always, it is important to remember that headfirst sliding is not allowed (unless sliding back to a base on a pick off play).

Dropped Third Strike 6.05(b), 6.09(b)

The batter becomes a runner when the third strike called by the umpire is not caught, providing either first base is unoccupied, or first base is occupied with two outs. The batter is out if the third strike is legally caught by the catcher.

Uniform 1.11

- (A) All players on a team shall wear uniforms identical in color, trim and style; and all players' uniforms shall include minimal six-inch numbers on their backs.
- (B) Any part of an undershirt exposed to view shall be of uniform solid color for all players on a team. Any player, other than the pitcher, may have numbers, letters, insignia attached to the sleeve of the undershirt.

Note: The previous perception that a pitcher can not wear a white undershirt is not correct. As long as white is a uniformed color for that team and the shirt meets the criteria as specified by the official rules (i.e. no logos or designs, nothing that resembles the stitching on the baseball).

- (C) No player shall attach to his uniform tape or other material of a different color from his uniform.
- (D) No player shall wear ragged, frayed, or slit sleeves.
- (E) No part of the uniform shall include a pattern that imitates or suggests the shape of a baseball.

Umpire's Judgment 9.02

- (A) Any umpire's decision which involves judgment, such as, but not limited to, whether a batted ball is fair or foul, whether a pitch is a strike of a ball, or whether a runner is safe or out, is final. No player, manager, coach, or substitute shall object to any such judgment decision.
- (B) If there is reasonable doubt that any umpire's decision may be in conflict with the rules, the manager may appeal the decision and ask that a correct ruling be made. Such appeal shall be made only to the umpire who made the protested decision.
- (C) If a decision is appealed, the umpire making the decision may ask another umpire for information before making a final decision. No umpire shall criticize, seek to reverse or interfere with another umpire's decision unless asked to do so by the umpire making it.

Note: Appeals on the half swing may be made only on the call of ball and when asked to appeal, the home plate umpire must refer to a base umpire for his judgment on the half swing. Should the base umpire call the pitch a strike, the strike call shall prevail.

Special Statement – “Judgment of the Umpire”

It's important to remember that most calls are based on the judgment of the umpire. You may see it one way and the umpire may see it differently. That's baseball, and missed calls are going to happen in every game. You want your players to be able to put bad calls behind them and continue to play hard and focused. It then makes little sense to argue a call in youth baseball over what the umpire has seen. Show your team that you respect the umpire and you can move on and focus on the next play. You'll be emulating what you're telling them and they will learn good sportsmanship along with developing an ability to play more consistently by focusing on things that are under their control. For example, if an umpire calls a player out on a tag play and you think the opposing player missed the tag, what's your argument? "Ump, you must be blind!" The fact is you have no argument and the umpire is not going to change his mind based on you saying "he missed the tag". It's a judgment call. You don't have to be happy about it, but you need to accept that bad calls are going to happen.

With that said, the one area where a call can be changed is when the incorrect call has been made based on the rules of the game. Most umpires know the rules inside and out, others in the younger age groups are new to umpiring and may not be aware of how a rule applies in a certain situation. If a rule is applied improperly, then there is a chance that the call can be overturned. It's still important to remember that most rules are based on the judgment of the umpire, so knowing a rule doesn't matter if the umpire didn't see it in a way where the rule would be applied. For example, if an umpire doesn't call an infield fly in a situation where you believe it should be called, you may tell him that it should have been called, but it's still a judgment call and can't be appealed. On the other hand, if the umpire calls "infield fly, batter is out", the ball drops in foul territory, and the umpire still states that the batter is out, then this is the incorrect call and you would want to tell (remind) the umpire that the infield fly rule only applies to a fair ball. By knowing the rules, you will know when you should approach an umpire to question a call and when you shouldn't.

10.00 FIELD LOCATIONS

Doubleday Baseball Fields:

From Northway:

- 1) Take Exit 13 S (9 South)
- 2) Take a Right at the first light onto Malta Ave Extension
- 3) Stay on Malta Ave Extension 2.6 miles to Doubleday Fields on left

From RT 50 South

- 1) Go into village of Ballston Spa
- 2) Take a Right on Malta Ave Extension (you'll see Coffee Planet and Laundry Mat on your Right)
- 3) Travel .9 miles to Doubleday Field on Right

11.00 ATTACHMENTS

* **Note:** Request Attachments from Jr Baseball League Director

Attachment A: Junior Baseball League Skills Assessment Form

Bib #	Name	Bats (L/R)	Throws (L/R)	FIELDING Mechanics (1-5)	THROWING Mechanics (1-5)	BATTING Mechanics (1-5)	SPEED (1 - 5)	SKILLS Average (1-5)	Pitcher? (Y/N)	Catcher? (Y/N)	ATTITUDE EFFORT (1-5)
1								#DIV/0!			
2								#DIV/0!			
3								#DIV/0!			
4								#DIV/0!			
5								#DIV/0!			
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Attachment C: Example: Travel Coach Pitch Count Communication (to Rec Coaches)

9U Bearcats Pitch Count Weekly Communication for Recreational Action								
GAME WEEK OF 6/5 - 6/11/2017			Pitch Count Limits by Game Day					
Player Name	Rec Coach	Rec Team	Mon	Tue	Wed	Thu	Fri	Sat
Jayden Osinski	Jason Gurwitz	Daniello	41 Ps 6/4	3rd Night Rest	65	50	35	20
Aaron Fernandes	Sean Hotaling	New Country	78 Ps 6/4	3rd Night Rest	4th Night Rest	5th Night Rest	35	20
Dylan Lofink	Jason Leboeuf	Hoffman State Farm	72 Ps 6/4	2nd Night Rest	4th Night Rest	5th Night Rest	35	20
Devin Wright	Sean Hotaling	New Country	75	75	65	50	35	20
Billy O'Connor	John Gorman	I Love NY Pizza	75	75	65	50	35	20
Vinny Momrow	Jason Leboeuf	Hoffman State Farm	75	75	65	50	35	20
Dakota Cherry	Jason Gurwitz	Daniello	75	75	65	50	35	20
Daniel Weed	Adam Tourtellot	Recovery Sports Grill	75	75	65	50	35	20
Nicholas Commisso	John Gorman	I Love NY Pizza	Age Limit	Age Limit	Age Limit	Age Limit	Age Limit	Age Limit
Patrick Kolodziejcki	Adam Tourtellot	Recovery Sports Grill	Age Limit	Age Limit	Age Limit	Age Limit	Age Limit	Age Limit
Tyler Friedman	N/A - Galway LL	N/A - Galway LL	N/A	N/A	N/A	N/A	N/A	N/A
CONTACT INFO:								
email: dave_fernandes_jr@hotmail.com								
mobile #: 518-312-5912								
BSJBL Pitch Count Restrictions								
2.02 (b) Age Limit for 9-10 year olds is 75 pitches per day								
· Note 1: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.								
· Note 2: Any player who has played the position of catcher in four or more innings in a game is not eligible to pitch on that night.								
2.02 (c) Rest Requirements:								
Pitchers league age 14 and under must adhere to the following rest requirements:								
· If a player pitches 66 or more pitches in a day, five (5) nights of rest must be observed.								
· If a player pitches 51-65 pitches in a day, four (4) nights of rest must be observed.								
· If a player pitches 36-50 pitches in a day, three (3) nights of rest must be observed.								
· If a player pitches 21-35 pitches in a day, two (2) nights of rest must be observed.								
· If a player pitches 1-20 pitches in a day, one (1) night of rest is required.								