



Stratford Minor Baseball  
House League  
9U Coaches Guide

## **Code Of Conduct**

The SMBA House League Committee has assured players coaches and umpires that it will provide them with an environment at all SMBA events that are safe and secure so that they can carry out their duties and responsibilities.

## **Bullying and Harassment**

Bullying is a form of abuse at the hands of peers that can come in different forms at different ages. Bullying is defined as repeated aggression in which there is an imbalance of power between the person who bullies and the person who is being victimized and is understood as a disrespectful relationship problem.

Bullying is offensive, cruel, intimidating, insulting and humiliating behaviour. Combined with the misuse of power it can be physical or verbal, direct or indirect. Children or youth who bully are typically cruel, demeaning and hostile towards the target of their bullying. The issue of bullying between youth under the age of 12 years old is not addressed by law. However, bullying behaviour is similar to harassment in that it is defined as the hurtful interpersonal mistreatment of another person.

Harassment is defined as conduct, gestures or comments which are insulting, intimidating, humiliating, hurtful, degrading or otherwise offensive to an individual or group of individuals. This creates a hostile or intimidating environment for sports activities and negatively affects performance in those sports activities. Any of the different forms of harassment must be based upon prohibited disciplinary Human Rights legislation. Some types of harassment include, but are not limited to racism, disability harassment, sexual harassment and criminal harassment. Bullying behaviour is not permitted within SMBA. Any concerns should be reported to the coach or the division convenor.

## **Role of Coaches and Parents in Reporting Concussions (Baseball Ontario)**

Coaches and parents play a key role in concussion safety and management. It is critical for all coaches and parents to be aware of concussion signs and symptoms, and what should know what to do if a concussion occurs.

The most important decision is whether to remove the player from the play until further evaluation is completed by a medical practitioner. The saying “If in doubt, sit them out” is the safest approach for coaches to take if they suspect that a player has suffered a concussion. If a coach even suspects a player has sustained a concussion or is exhibiting any signs or symptoms of a concussion, they are not expected to diagnose the player, but the following steps need to be taken:

1. Remove the player from the game
2. Inform the parents that the player may have sustained a concussion
3. Request that the parents ensure the player receives proper medical attention from a trained health care professional and undergoes a concussion evaluation.
4. Complete an incident report.
5. Obtain medical clearance before the player is allowed to return to play.

For parents: If your child has sustained a possible concussion, stop them from playing right away. Do not leave them alone and get them proper medical assessment and treatment immediately.

The most up to date information on concussion management can be found under Risk Management (within About Us) on the Baseball Ontario website ([baseballontario.com](http://baseballontario.com))

## **Player Uniforms**

All players must wear a team shirt (SMBA Provided), team cap, Short or Pants (encouraged) running shoes or rubber cleats, and a jock/jill. No metal spikes or metal cleats are permitted. No open-toed shoes. There is no visible jewelry allowed.

All players on the playing field (players coaching 1B/3B, batters, on-deck batters and runners) must wear double-ear flap helmets with a chin strap. Note: these helmets must be provided by the player.

Catchers must wear shin guards, chest protector, helmet, face mask and throat protector, all provided by the league. Catcher mitts can be requested from your convenor.

## **SMBA House League Rules**

These rules apply to all 9U house league games in within SMBA, unless otherwise noted.

The Official Rules of Baseball, published by Baseball Canada, is the basic rules publication. These rules apply to regular season play;

- 1) Aim to Start the game no more than five (5) minutes after "Game Time" as scheduled by the league. Teams can arrive a few minutes early and use park space to warm up or play catch. Please ensure players are being mindful of spectators safety).
- 2) The "Home Team" takes the field in the top of the inning and the "Visiting Team" bats first. An inning consists of three (3) outs or a seven (7) run maximum.
- 3) The Batting Team's Coach will run the pitching machine for their players. The speed of the pitching machine is to be set between 35-40 MPH. The coach should not adjust anything on the machine after an at bat has begun. Batting team is encourage to find parent helpers to serve as base coaches while batting. Fielding team may have one coach on the field assisting if necessary.
- 4) Each Batter will get five (5) strikes. A strike is a swing and a miss, a fair pitch taken in the "Strike Zone" (Encourage umpires to call a tight strike zone) or a foul ball. A batter cannot strike out on a foul ball. If a pitch is outside of the strike zone and the batter doesn't swing, it will be called a "No Pitch". There are no walks.
- 5) When the batter bats a ball in play the batter will drop the bat and run the bases as normal. Balls that do not pass the pitching machine are called dead or foul and are considered a strike.
- 6) Base Runners can be forced out in a force situation, or tagged out on base paths. Base runners who are deemed out will return to their dugout.
- 7) Base Runners can advance as many bases as they can on a fair batted ball. Normal baseball rules pertaining to force outs, and tagging up on fly balls apply. The Infield fly rule does not apply.
- 8) There are no lead offs or steals. Base runners can leave the base on contact. If a runner leaves a base and no contact is made the runner is out. Baserunners may advance on overthrows during a play.
- 9) If a batted ball hits any part of the machine or coach it is a dead ball. If the pitcher moves into the circle around the mound (step or reach in) on a fair hit ball the batter is awarded first base and any base runners advance 1 base if force play is on.

There will be a minimum of eight defenders on the field and a maximum of 10, Coaches will substitute defensive players between innings to equalize the playing time among all players. No player will sit out two (2) innings before all players have sat out one (1) inning or three (3) innings before all have sat out two (2) innings

## **Player Age Grouping**

All players must play in their own age group unless otherwise approved by the SMBA House League Committee.

### **Length of Game and Time Limits**

All games will start at their designated time. All games will play to a maximum of seven (7) innings (6.5 if the home team is ahead) or the 1.5 Hour time limit, which ever comes first. Note: Blastball will play for their one hour slot.

### **Lightening Rule**

In the interest of player safety, if any umpire (Or Convenor) assigned to a game observes lightning or hears thunder, the home plate umpire will immediately end the game. All cancelled games should be reported to the convenor. The rescheduling of cancelled games will be at the sole discretion of the league and may be subject to umpire and diamond availability.

### **Ejections**

If a team has a player ejected (Or injured), then said player's spot in the batting order will be removed but NOT counted as an automatic out.

### **Umpires**

Games will have two (2) umpires ( One for home plate and one for the field). In the event of an umpire no show, the coaches will make the calls.

### **Coaching Basics**

People become coaches for many reasons; because they have a child in sports, because they were an athlete themselves, or because they want an opportunity to help in their community. Some coaches step forward; some are asked to help. No matter what the reasons, all coaches have the same roles. You will be a teacher, a leader, and sometimes will even act as a counsellor.

#### **Organize a Great Practice**

To begin, break your practice down into five (5) to ten (10) minute segments following this order:

##### *Introduction*

-Explain briefly what will happen today, and what they will learn.

##### *Warm up*

- Get the athletes moving and get them ready for activity
- Raise body temperature through vigorous activity
- start slowly, then slowly increase the pace
- flexibility exercises (From general stretching to sport specific, slow static stretching)
- activities that employ basic skills (i.e. throwing) but keep them moving

##### *Review previously learned skills*

- Utilize drills that give them an opportunity to practice fundamental skills or skills that they learned recently

##### *Learn new skills*

- Describe the new skill
- pick 2-3 teaching points to emphasize
- provide drills that utilize the new skill
- make sure everyone gets to participate (Avoid long lines of standing around)
- provide feedback and encouragement

- change or modify skills as athletes improve

#### *Game-like activities and/or conditioning*

- Simplified game situation (Reduce area of play, number of players, rules, etc)
- Incorporate fitness activities if appropriate

#### *Cool Down*

- Decrease level (intensity) of activity gradually
- Stretching exercise (for muscles most used in practice)

#### *Wrap up*

- Review practice and plan with athletes
- prepare them for next practice or game
- do your own personal evaluation... What could be better next time?

## **Plan for a Game Day**

### **Warm up**

- Prepare for game activity as you would practice

### **Establish what we want to do today**

- play fair
- good sportsmanship
- do our best
- tactics and skill reminders (good defence, good throws etc.)

### **Post competition wrap up**

- Highlight the positive things that happened
- Praise effort- BE POSITIVE
- Ready them for next practice
- Evaluation the game ( Make note of performance and accomplishments, make note of things that need to be addressed at the next practice)

Thank you again for choosing to be a coach with the Stratford Minor Baseball House League. As I'm sure you're aware there is a lot to learn. However, now that you have started the most important thing is to use what you have learned....to enjoy your athletes, your sport, the competition, and to have fun.

The real rewards for your efforts are not in the awarding of trophies or medals but in the words of an athlete who, at the end of the season, extends to you a heartfelt "Thanks Coach".

Enjoy your season, your athletes and everything coaching has to offer.