

BARC

Ballston Area Recreation Commission



T-BALL & INSTRUCTIONAL BASEBALL MANUAL



Thank You for Volunteering

Thank you for volunteering to help coach a team. If this is not your first year you know how rewarding and fun this experience can be. If this is your first year please don't feel overwhelmed, it really is not that difficult. You will find that parents are often willing to help even if they don't know much about baseball.

AT THE BEGINNING OF YOUR FIRST PRACTICE IT IS A GOOD IDEA TO HAVE A GENERAL MEETING WITH THE PARENTS TO EXPLAIN BARC'S PHILOSOPHY AND WHAT YOU EXPECT FROM THEM. EXPLAIN THE SCHEDULE AND HOW THEY WILL KNOW IF A PRACTICE OR GAME IS CANCELED.

It is also helpful to involve willing parents in the practices. This will make your job easier and provide for more individual attention for the children. Appoint a team mother/father to keep track of the batting order during the game. It also helps to have players sit in this order while waiting for their turn to bat.

T-ball/Instructional Baseball

GENERAL INFORMATION

1. **DO NOT JUST PUT SOMEONE ON YOUR TEAM.** This can cause many problems. **DO NOT** switch players amongst yourselves. If there is a problem let Rocky Smith know.
2. **CALL OR EMAIL PARENTS AS SOON AS POSSIBLE. All parents must be contacted by Wednesday, 9/23/2020.**
 - Introduce yourself. **It is your option** to give your phone number for them to call if they aren't going to make a practice or game.
 - Tell them where the practice is and give them a way to find you. Wearing a red hat, green shirt, etc. We are now playing on the front fields of the Wood Road Campus (near Route 67).
 - Tell them the day and time of your first practice. (After that they can follow the schedule online or through SI Play).
 - Suggest that they bring a lawn chair because there are no benches or other seating on this field.
3. Please **arrive at least 20 minutes early the first day** and **wear something distinctive** so that parents can find you (i.e. baseball cap, or certain color shirt).
4. **TROPHY POLICY - As of April 1, 2002, team trophies are no longer allowed and may not be sanctioned by any team, coach, or sponsor.** However, certificates are encouraged.
5. **Pictures** are important. Please explain to parents that sponsors are given a team picture and encourage as many to be there as possible. Pictures are 10/5/2020 or 10/7/2020 depending on the program. **You will receive your team shirts on picture day.** **This year pictures are being taken in the Wood Road Gym.**
6. **If someone is injured**, fill out the injury report found in the equipment shed with the first aid kits. **IF IT IS A SERIOUS INJURY**, notify Rocky Smith immediately.

OTHER INFORMATION

Coaches Clinic

TBD

Equipment

Equipment will be provided to you at the beginning of each session due to COVID cleaning.

Medical Kits

Kits are kept in the equipment shed with the injury reports. Please let us know if more supplies are needed.

Cancellations

- **Cancellations are decided by BARC.** An email blast will go out from either the T-ball/Baseball Commissioner (Rocky Smith), the Program Assistant (Ryan Cummings), or the Executive Director (Nora Osuchowski). ***Coaches cannot cancel games.*** In general BARC only cancels games if the school notifies us that the fields are not usable (typically due to flooding). We

also cancel for **active** thunderstorms, and for a high heat index. In general we go by the school's guidelines for cancelling athletic activities. We do not cancel for rain.

- If as a coach you have a schedule conflict & the assistant can't cover, please ask your team parents to cover. **Do not cancel.** We have numerous parents contact us every season asking to help out. They just don't have the time to coach weekly, but they want to be involved. To date, we've never to cancel when team parents have been asked. If you don't have parents willing to step up, then contact Rocky and we will see what we can do.
- Rescheduling- In general, BARC does not reschedule cancelled games unless we cancel two Saturdays in a season. The fields that BARC uses are the school district's, and other organizations use them as well. This makes last minute changes very difficult.

SI Play

We use SI Play as our registration site. All of your team roster info is there. (Names, parents' names, email, phone, medical info, etc.) Please use this as your primary way of monitoring and contacting your team. It is the most up to date info. We don't have anything different than what you have. If you have questions on this program, there is a tutorial on the BARC website under the 'Resources' tab. It shows you how to access your team & how to enter your schedule through SI Play.

Concerns

IF YOU HAVE A PROBLEM WITH A PARENT, PLAYER, OR ANOTHER COACH, WE MUST KNOW ABOUT IT RIGHT AWAY. Many times people wait until the end of the season to voice their concerns and by then it's too late. We want this to be a pleasant experience for players, coaches, and parents.

IMPORTANT NUMBERS (for coaches and assistants)

***PLEASE ONLY GIVE PARENTS THE OFFICE NUMBER.**

Ryan Cummings- Program Coordinator

Email: cummings.ryan38@gmail.com

Phone: (518) 275-1585

Rocky Smith- Program Staff

Phone: (518) 306-9181

Nora Osuchowski- Executive Director

Office: 885-1634



FALL T-BALL/BASEBALL 2020

Heath Guidelines and Baseball Programing

Program Commissioner: Ryan Cummings

Start Date: September 28th

End Date: October 31st

Health and Safety Guidelines at Program:

- Parents must fill out COVID Questionnaire when approaching check in table via phone or paper version. (Player can not participate without doing so.)
- Participants must bring their own equipment (gloves).
- Instructors will wear protective face covering if maintaining 6 feet from all participants is deemed not possible.
- Cleaning and disinfectant protocols: Disinfect equipment between each use (baseballs, helmets, and bats).
- Participant social distancing enforcement when possible.
- If you do not feel well or are sick, do not come.
- Players are more than welcome to wear face covering, but it is not required. **If a parent would like a face covering to be worn at all times, they must notify the coach so it can be enforced.**
- No bathroom onsite to limit the amount of shared space.
- Parents **must** practice social distancing and wear face covering.
- There will be hand sanitation areas throughout the play area for participant use and will be given opportunities to do so.
- Some game rules will be modified to address COVID guidelines.

Health and Safety Guidelines at Home:

Our Staff asks in advance before coming to program:

- Report any illness to the program commissioner, Ryan Cummings
- Wash your hands and your personal equipment
- Maintain 6 feet from other athletes when arriving

Our Staff asks while at program:

- Parents: if you wish to stay for the duration of the activity, please social distance from those outside of your household and wear a mask.
- Parents: If you do not feel well, do not come.
- If you have any questions or concerns, please email or find program staff at program

Our Staff asks after program:

- To wash your hands
- clean your equipment

Contact Tracing and Safety:

- Parents must social distance while watching play and wear a face covering.

Check in Procedure:

- Please arrive 10 minutes prior to your scheduled play time in order to complete the questionnaire.
- Must wear face covering at sign in table.
- Utilize hand Sanitizer will at sign in table.
- No congregating and practice social distancing if you need to get out of your vehicle.

Staff:

Ryan Cummings –Program Commissioner

Rocky Smith – Baseball Program Staff

Alexander Chandler – Baseball Program Staff

OFFICIAL RULES

BALLSTON AREA T-BALL LEAGUE

1. The League

- 1.1 The league shall be composed of children who reside in the Ballston Spa School District and are ENTERING Kindergarten through first grade as of September of the next school year.
- 1.2 Teams shall be composed of approximately 10 to 14 players, a coach and up to two designated assistants. **THERE IS NO CATCHER IN T-BALL.**
- 1.3 Players shall be assigned teams randomly, distributed evenly according to days requested, grade, and sex. **Once a player is assigned a team he/she will remain with that team** for the season.
- 1.4 Coaches' children shall be assigned to their parent's team.

2. The Coach and Assistants

- 2.1 The League shall designate a coach and assistant coach for each team. If a coach is unavailable for a game, the assistant coach may assume the duties of coach. If none of the coaches are available a parent may assume the duties if they have been designated by the coach before the start of the game.
- 2.2 All plays shall be called [safe or out] by the nearest coach. There are no designated umpires. There should be no disputes in T-Ball.

3. The Game

- 3.1 Each game shall consist of no more than 5 innings.
- 3.2 For evening games, no new inning will start after 7:00PM.
- 3.3 **Games end at five innings** even in a tie. **No extra innings.**
- 3.4 Should a game be cancelled or halted in the middle because of rain, darkness or poor playing conditions the game shall be considered a tie.
- 3.5 Coaches will decide **at the field** to cancel a game due to bad weather or poor field conditions. Players should report to the field for a scheduled game unless notified ahead of time of a cancellation agreed upon between the coaches.
- 3.6 The field shall consist of bases 45 feet apart.
- 3.7 The **home team (listed last on schedule)** bats last.

4. The Inning

- 4.1 Each half-Inning shall consist of five runs OR 10 players batting whichever occurs first. **OUTS DO NOT COUNT.**
- 4.2 If a batter throws the bat completely outside a circle with a 10' radius around home plate he shall be declared out. Batters should be encouraged to carry the bat one step towards first base before dropping it.
- 4.3 To be considered a fair ball, a ball must travel outside a circle with a 5' radius around home plate, within the baselines.
- 4.4 A ball hit within the infield is a maximum of a single, except on an overthrow. A ball hit to the outfield is a maximum of a double.

5. The Defensive Team

- 5.1 The defensive team shall consist of all players. At least 3 outfielders, no more than 6 infielders and only 1 pitcher (for position only).
- 5.2 Players must be at least 25 feet from the tee until the ball is hit. The pitcher (for position only) must stand behind an imaginary line drawn between first and third.
- 5.3 Defensive players must use only one foot on the corner of the base to avoid interference. Coaches shall make sure bases and baselines are clear before the batter hits. A base runner will be awarded the base he was attempting if interference occurs.
- 5.4 **Players arriving late** may bat after they have played a half inning in the field.
- 5.5 Players should be rotated through the defensive positions during the game.

6. The Offensive Team

- 6.1 All players registered on a team shall appear in the batting order and shall bat if present.
- 6.2 A continuous batting order shall be maintained throughout the season. The batter on deck at the end of a game shall be the lead off batter at the beginning of the next game. – [discuss this at the coaches meeting]
- 6.3 All base runners must reach base standing (no sliding). Slides will immediately cause the player to be out.
- 6.4 Once on base, no player may leave that base until the ball is hit.
- 6.5 A base runner cannot advance after an overthrow.
- 6.6 Base runners hit by a batted ball are not out. They will be awarded the base they were attempting.

OFFICIAL RULES

BALLSTON AREA INSTRUCTIONAL LEAGUE

1. The League

- 1.1 The league shall be composed of children who reside in the Ballston Spa School District and are ENTERING first through fourth grades as of September of the next school year. However, those **going into first grade MUST HAVE 1 season of T-Ball experience** before being accepted into this league.
- 1.2 Teams shall be composed of approximately 9 to 14 players, a coach and up to two designated assistant coaches.
- 1.3 Players shall be assigned teams randomly, distributed evenly according to days requested, grade, and sex. Once a player is assigned, the **player remains with that team unless the parent of a child ENTERING first grade requests the child be moved to the T-Ball League**. This will be done if space permits.
- 1.4 Coaches' children shall be assigned to their parent's team.

2. The Coach and Assistants

- 2.1 The League shall designate a coach and an assistant coach for each team. If a coach is unavailable for a game the assistant coach may assume the duties of coach. If none of the coaches are available a parent may assume the duties if they have been designated by the coach before the start of the game.
- 2.2 All plays shall be called [safe or out] by the nearest coach. There are no designated umpires. There should be no disputes in Instructional Baseball.
- 2.3 The coach shall assign an adult or adults to pitch to his team. This adult may pitch in any way comfortable, [standing or kneeling] provided he remains in the pitching area.

3. The Game

- 3.1 Each game shall consist of six Innings or until time has expired.
- 3.2 No additional innings. Games may end in a tie.
- 3.3 A game can also be halted because of rain, darkness or poor playing conditions.
- 3.4 Coaches can decide **at the field** to cancel a game due to bad weather or poor field conditions. Players should report to the field for a scheduled game unless notified ahead of time of a cancellation agreed upon by between the coaches.
- 3.5 A new inning may not be started after 90 minutes has passed from the scheduled start time.
- 3.6 Unlimited substitutions may be made in the field and new players added to the end of the batting order.
- 3.7 The opposing coach may claim a forfeit if fewer than 6 players and a coach or assistant are not present 15 minutes after the scheduled starting time of a game.
- 3.8 The field shall consist of bases 45 feet apart.

4. The Inning

- 4.1 Each half-Inning shall consist of three outs or a “bat-around” the order, whichever comes first. If player numbers are not even on each team, the quantity of players on the larger team will be used as the “bat-around” number for both teams.
- 4.2 A strikeout shall be three swings except where the final pitch was hit into foul territory an additional pitch shall be awarded. Players should be encouraged to swing at good pitches.
- 4.3 No walks are allowed and hit batters continue to bat.
- 4.4 If a batter throws the bat completely outside a circle with a 10' radius around home plate he shall be declared out. Batters should be encouraged to carry the bat one step towards first base before dropping it.
- 4.5 A player intentionally bunting the ball shall be declared out. However if a ball dribbles fair in front of the plate it is playable.

5. The Defensive Team

- 5.1 The defensive team shall consist of all players on the team: At least 3 outfielders, no more than 5 infielders and only 1 pitcher (coach or parent volunteer) and catcher.
- 5.2 Players must be in their positions before each pitch.
- 5.3 All players are required to have a glove. The Catcher is required to wear all protective gear provided by the league.
- 5.4 Defensive players must use only one foot on the corner of the base to avoid interference. Coaches shall make sure bases and baselines are clear before the batter hits. A base runner will be awarded the base he was attempting if interference occurs.
- 5.5 Players should be rotated through positions during each game.
- 5.6 Players arriving late may bat only after they have played a half inning in the field.

6. The Offensive Team

- 6.1 All players registered on a team shall appear in the batting order and shall bat if present.
- 6.2 All base runners must reach base standing (**no sliding**). Slides will immediately cause the player to be out.
- 6.3 Once on base no player may leave that base until the ball is hit.
- 6.4 If a play is attempted on a baserunner and the ball gets by the fielder only one additional base may be advanced.
- 6.5 Players may not advance after a fly ball even if a play is attempted on the runner (no tagging).
- 6.6 Once the ball is returned to the infield a base runner must stop at the next base he reaches.
- 6.7 A ball hit within the infield is a maximum of a single, except on overthrow. A ball hit to the outfield is a maximum of a double, except on overthrow.
- 6.8 Only ONE player may be “on deck” at any time.
- 6.9 **All batters must wear protective helmets supplied by the league. Helmets shall be worn while at bat and when running the bases.**

SAMPLE

Attendance- At Bat

Name	Practice					Games									
	Sat 4/29	Mon 5/1	Sat 5/6	Mon 5/8	Sat 5/13	Mon 5/15	Sat 5/20	Mon 5/22	Sat 5/27	Mon 5/29	Sat 6/3	Mon 6/5	Sat 6/10	Mon 6/12	
Player	X	X	X	X	X	Cancelled / Rain					Cancelled / Rain				
Player	X	X	X	X	X	No Game - Memorial Day					Cancelled / Rain				
Player	X	X	X			No Game - Bus Rodeo					Cancelled / Rain				
Player	X	X	X	X	X	Cancelled / Rain					Cancelled / Rain				
Player	X	X	X		X	No Game - Memorial Day					Cancelled / Rain				
Player	X	X	X	X	X	No Game - Bus Rodeo					Cancelled / Rain				
Player	X	X	X	X	X	Cancelled / Rain					Cancelled / Rain				
Player		X	X	X		No Game - Memorial Day					Cancelled / Rain				
Player		X	X	X		No Game - Bus Rodeo					Cancelled / Rain				
Player				X	X	Cancelled / Rain					Cancelled / Rain				

[illegible]