



North Natomas Little League

MANAGERS HANDBOOK

2017 Edition



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2017 IMPORTANT DATES

January

- | | | | |
|-------------------|-----------------------------------|-----------|--|
| 10, 14, 21 | Walk-Up Registration ¹ | 21 | Intermediate 50/70 tryouts ² |
| 15 | Spring Registration closes | 28 | Assessments for baseball and softball players ages 8 and up ³ |

February

- | | | | |
|----------|---|-----------|---|
| 4 | Player Draft | 11 | Big Al's Coaching Clinic ⁴ |
| 8 | Mandatory Manager Safety Meeting ¹ | 13 | Practices begin |
| | | 23 | Team Parent Meeting ¹ |

March

- | | | | |
|-----------|---|-----------|--|
| 4 | Scorekeeper Clinic ¹ | 17 | Opening Day Parade & Ceremonies ² |
| 11 | Umpire Clinic ² | 18 | Games begin |
| 11 | Picture Day and Hit-A-Thon ² | | |

May

- | | |
|----------|-----------------------------|
| 4 | River Cats Day ⁵ |
|----------|-----------------------------|

June

- | | |
|-----------|--|
| 10 | Closing Picnic, Majors and AAA Championship games ² |
|-----------|--|

Location Key:

1. Heron School
2. North Natomas Regional Park
3. Olympus Sports Coliseum
4. Inderkum High School
5. Raley Field (West Sacramento)

NORTH NATOMAS LITTLE LEAGUE 2017 BOARD OF DIRECTORS

League President	Dustin Romero
VP of Baseball	Mike Turner
VP of Softball	Mike Graham
VP of Tee Ball	Stan Jones
Treasurer	Tony Perez
Umpire-In-Chief	Bryant Reyes
Safety Officer	Troy Nelson
Secretary/Information Officer	Farrah Race
Baseball Player Agent	Audrey Seo
Softball Player Agent	Tony Perez
Upper Division Coordinator	Aaron Call
Team Parent Coordinator	Jason Vitaich
Equipment Coordinator	Jeremy Ayala
Sponsorship Coordinator	Mike Starkey
Snack Bar Coordinator	Dave Murray
League Administrator	Jason Vitaich

Please send all inquiries to nnll@nnll.org.

DEAR COACH,

Welcome to North Natomas Little League. I am pleased to invite you as a manager in our program and hope that you have a terrific season. Our website www.nnll.org is filled with information including schedules, calendars and a section just for coaches. We encourage you to spend some time online for resources and tips on planning and conducting practice.

We believe a successful coach can teach players how to play the game and develop a player's self-esteem and confidence by helping them succeed at the sport.

Whether you are new to coaching or have been coaching for several years, we believe learning how to instruct will enhance your abilities. Everyone's level of baseball knowledge is different. But what we have in common is a desire to help our players, and gaining knowledge can only help.

It is a coach's responsibility to create an atmosphere that is positive and enjoyable. Encourage players to be supportive of each other by congratulating teammates when they perform well, hustle, or give good efforts. Attitude and morale can be improved by giving every player an opportunity to contribute to the team.

This Handbook has been prepared to give you the objectives for your season and the tools you need to manage a team. You are the go to person for the NNLL Little League Board and the face of the league to your team's families. The Board is here to help you. Your Team Parent is available to help you but you will be the one your team looks to for leadership and clarity throughout the season.

Please refer to this guide along with the rulebook provided with your equipment as your "bylaws and local ground rules" for play. As managers, it is your responsibility to be familiar with the supplemental rules that govern our league and your game. This requires a bit of study! Like the kids we lead, we as coaches must be diligent in our effort.

Thanks again for your commitment to the program and the kids.

Dustin

Dustin Romero, League President

North Natomas Little League

MISSION STATEMENT

Little League Baseball, Incorporated is a non-profit organization whose mission is "to promote, develop, supervise, and voluntarily assist in all lawful ways, the interest of those who will participate in Little League Baseball and Softball."

Through proper guidance and exemplary leadership, the Little League program assists youths in developing the qualities of citizenship, discipline, teamwork and physical well-being. By espousing the virtues of character, courage and loyalty, the Little League Baseball and Softball program is designed to develop superior citizens rather than superior athletes.

MANAGER'S ROLE

North Natomas Little League managers and coaches must be leaders. All must recognize that they hold a position of trust and responsibility in a program that deals with a sensitive and formative period of a child's development.

It is required that the manager and coach have understanding, patience and the capacity to work with children. The manager and coach should be able to inspire respect. Above all else, managers and coaches must realize that they are helping to shape the physical, mental and emotional development of young people.

The Little League manager must be something more than just a teacher. Knowledge of the game is essential, but it is not the only badge of a Little League coach or manager.

While an adult with training and background in the game is a desirable candidate for manager or coach, our league looks for other important qualities as well. Screening of managers, coaches and other volunteers who have contact with children is important in attempting to discover those with a history of child abuse. We conduct background checks on all volunteers.

The heart of Little League is what happens between the adult manager/coach and player. It is the manager more than any other individual who controls the situation in which the players may be benefited.

Improving the level of leadership in this vital area must be a continuing effort.

Children of Little League age are strongly influenced by adults whose ideals and aspirations are similar to their own. The manager/coach and player share a common interest in the game, a desire to excel, and determination to win. Children often idolize their managers and coaches, not because the adult is the most successful coach or mentor, but because the manager and coach are sources of inspiration.

Managers and coaches must be adults who are sensitive to the mental and physical limitations of children of Little League age and who recognize that the game is a vehicle of training and enjoyment, not an end in itself. It has been stated many times that the program of Little League can only be as good as the quality of leadership in the managing and coaching personnel.

HOW DO I STACK UP?

Use this checklist to see what leadership skills you already possess and which ones you can improve upon...

Great managers and coaches:

- Reflect an understanding of the age group they supervise.
- Are aware that they are an example to those with whom they work.
- Demonstrate that they have an appreciation of the philosophy of Little League, and cooperate with others in making the program of mutual benefit to all children.
- Show by example, that they respect the judgment and the position of authority of the umpire. Instill in their players a respect for the authority of adult leaders in the league.
- Exercise their leadership role adequately but leave the ball game in the hands of the players.
- Within the regulations of our local league rules and of Little League, provide an opportunity for each child to participate.
- Encourage their players at every opportunity. Familiarize themselves with the home background of the children and their families.
- Instill a desire to improve, striving to impart as much baseball or softball knowledge as possible to each player.
- Encourage good health habits, good grooming and care of the uniform.
- Are instrumental in shaping acceptable behavior patterns whether the team wins or loses.
- Know the playing rules and regulations of Little League and be able to interpret them correctly. Play by the rules and adhere to their intent, instilling in the players a respect for the rules of the game.
- Are cautious and use sound, reasonable judgment in protest situation.
- Participate in the league's annual safety training program.
- Have knowledge of first aid and safety.

COMMUNICATION GUIDELINES

Managers are the leaders for each team. Managers will not only coach the kids but also encourage the participation of parents, enforce rules of play, insure that the guidelines and requirements of play are met and that the team is following the North Natomas Little League rules, regulations and principles. Managers will need to delegate, but it is a manager's responsibility to ensure that everything is handled according to the rules and requests of North Natomas Little League.

Communications: Get to know your kids and their families early and often. Emails and phone calls are great, but face-to-face, clear understandings between you and your team is the best way to develop the expectations and goals for your season. Never underestimate the value of excitement in your voice. Don't forget to have fun – Little League is a great journey for everyone involved.

Practices: Schedules are assigned by NNLL. Changes in practice schedules should be handled through the VP of Baseball or Softball to ensure that all available times are updated. Managers will ensure that practices are designed to meet the skill development for the specific age group. "Practice Plans" should be developed and communicated clearly to the kids and the parents. Setting clear expectations for one's self, each coach, each player, and the team (including the parents) will set the stage for a confident and productive season for all. As directed by Little League International: "Each manager or coach, without a plan, who gives less than best effort in good conscience does a disservice to Little League and the children they serve." Success begins with planning.

Games: Managers will communicate the game schedule with players and parents, including early arrival for warm-ups. The team mom should work with families to have snacks for the post-game meeting. Managers will name the coaches who are on the field during the game. Each age group limits the adults on the field and in the dugout during play and the manager must designate these individuals. Managers will provide scorekeepers and/or pitch count recorders and home team managers (AA and above) must report final scores and pitch counts to the league as directed.

Rainouts and League Alerts: League updates, field conditions, rainouts, "heat exhaustion" alerts, and other NNLL news will be posted at nnll.org.

Team Parent: The Team Parent (sometimes called 'Team Mom') is selected by the manager and should be an organizing and inclusive force for the team. Team parents will assist managers in completing paperwork, notifying parents of activities and coordinating Opening Day, Picture Day, Concessions and Team Celebrations. At games, he/she should be a positive role model and culture keeper for Little League.

Background Checks: Any adult working with the kids MUST complete a volunteer application on an annual basis, including team volunteers and any other persons and/or hired workers working with kids. It is the manager's responsibility to ensure that this is done. Volunteers can

submit their application and background check (at no charge) by going to www.nnll.org/sites/nnll/content/738/Volunteer. No adult should be working at a practice until his/her application is submitted and the background check has cleared.

Additionally, a binder should be prepared with areas to keep each child's medical release form. The manager must ensure that it is complete and always available in the event of an injury or accident. Incident reports and Accidental Insurance forms for North Natomas Little League can be found on our website as well at www.nnll.org/sites/nnll/content/2867/safety.

Uniforms/Equipment: North Natomas Little League provides team hats and jerseys for each player, plus catcher's gear, balls, and batting helmets for each team. Parents should be made aware of Little League-approved equipment. It is the manager's responsibility to ensure that equipment provided by the league for the team is maintained and returned at the end of the season. Managers need to double check uniform orders and communicate with their families the colors for pants, belts and socks required.

End of Season Team Party: The team parent will work with the manager and families to coordinate the team party. Team parties are not required but do help build unity within the team, our supporters, and our league.

NNLL COACH'S CODE OF CONDUCT

North Natomas Little League is concerned about the conduct of all coaches, officials, players and fans during practices and games at all levels. NNLL seeks to ensure that games are a fair, positive and an enjoyable experience for all of the children and adults involved. NNLL expects all coaches to conform to this code of conduct, at all times.

1. As a Coach with NNLL, it is your responsibility to ensure that you create a positive environment of safety, learning, fun and reinforcement.
2. The Coach will treat all of his/her players fairly and with respect at all times.
3. The Coach will communicate his/her expectations to the players and their parents as clearly, consistently, and as early as possible.
4. The Coach is expected to advise parents/guardians of the players on his/her team to be timely and responsible in dropping off and picking up their children for all practices and games. NNLL seeks to maintain player safety at all times.
5. The Coach is an example of dignity and patience, and a role model to players.
6. The Coach should introduce himself/herself to officials and opposing coaches before the game.
7. The Coach is responsible for the sportsmanship of the players during the game.
8. The Coach is responsible for the conduct of the parents of his/her players during the game. It is imperative to explain acceptable player and parent behavior in a preseason meeting. Encourage them to applaud and cheer good plays by either team. Clearly, forcefully, and directly discourage them from being derisive toward officials or opposing players.
9. The Coach is responsible for the conduct of spectators rooting for his/her team during the game.
10. During the game, the Coach will not address the officials of the game inappropriately. If there is an issue or dispute, discuss it with the official calmly and patiently. If the complaint is unresolved, or if the Coach thinks the official was unfair, biased, unfit or incompetent, the Coach should report his/her opinion in writing to the Division Commissioner.
11. After the game, the Coach and his/her players should thank the officials, opposing players, and coaches.
12. Coaches are required to familiarize themselves with NNLL by-laws pertinent to their responsibilities and to adhere to the requirements of those by-laws and to conduct all practices and games in strict conformance with NNLL's playing requirements and guidelines.

The example of a Coach is powerful. As a Coach with NNLL, your role is to ensure fair play, support the officials, and focus on the players' enjoyment of the game and their overall long-term development. Coaches who do not follow the expectations described above will be disciplined or removed in accordance with NNLL by-laws.

PARENT'S CODE OF CONDUCT

North Natomas Little League is committed to the physical and emotional well-being and safety of all of the children in its program, as well as to its managers, coaches, umpires, volunteers, and parents and fans attending NNLL events including games, practices and any other league sponsored and/or affiliated events.

NNLL adheres to essential elements of character-building and ethics in sports embodied in the concept of sportsmanship and the core principles of: respect, trustworthiness, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

1. I will not force my child to participate in sports.
2. I will remember that children participate in sports to have fun and develop friendships and that the game is for youth, not adults.
3. I will inform the manager or coach of any physical disability or ailment that may affect the safety of my child or the safety of others in a timely manner.
4. I will endeavor to learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, managers, coaches, umpires, officials, parents and spectators at every game, practice, or other league sponsored and/or affiliated events.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any players, managers, coaches, umpires, officials, parents and spectators including, but not limited to, physically and/or verbally harassing, taunting, booing and otherwise in any way demeaning or insulting; refusing to shake hands; using profane or crude language and/or gestures; any other inappropriate behavior.
7. I will not exhibit and/or display any behaviors, language and/or other practices that would, or even potentially could, endanger the physical and/or emotional health, well-being and/or safety of any players, managers, coaches, umpires, officials, parents and spectators.
8. I will teach my child to play by the rules and to resolve conflicts in a safe and respectful manner without resorting to hostility or violence.
9. I will demand that my child treat other players, managers, coaches, umpires, officials, parents and spectators with respect regardless of race, creed, color, sex, religion, age, or ability.
10. I will teach my child that trying and doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time, just for participating.

12. I will never ridicule, yell at, berate, antagonize and/or otherwise degrade my child or any other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning.
14. I will deemphasize games and competition in the lower age groups, and place them in the proper perspective in all other groups.
15. I will promote the emotional and physical well-being of the players ahead of any personal desire I may have for my child and/or his/her team to win.
16. I will respect the umpires and other officials and their authority during games and practices and will never question, discuss, and/or confront umpires, officials, managers and/or coaches at the game field, and will take the time to speak in a respectful and civil manner to officials, managers and/or coaches at an agreed upon time and place.
17. I will demand a sports environment for my child that is free from drugs, alcohol and tobacco, and I will refrain from their use at all games and practices.
18. I will refrain from coaching and/or instructing my child or any other players during games and practices, unless I am one of the official managers or coaches of the team.
19. I will not incite, participate in and/or otherwise condone any unsportsmanlike conduct at any time.
20. I will accept all decisions of umpires and game officials as being fair and judged to the best of their ability, regardless of whether I agree with same.
21. I will act as an adult and strive to set a positive role model and example for my child and other players.
22. I will not do or say anything that will cause my child to feel embarrassed, shamed, belittled or disrespected..

INTRODUCING YOURSELF TO THE TEAM

Once the draft is completed (or your team has been selected), the next step is to get the team together and get the season started. The first step in this process is to notify the parents, by email and/or telephone. Some managers like talking to the players on the phone and some don't, but it certainly is a good way to introduce yourself.

Once the initial introduction is completed, it is a good idea to send an email to the parents with a letter attached introducing yourself. The goal of the letter is to communicate to parents and coaches something about your background, coaching experience, why you love coaching and some goals for the upcoming season.

Also, a 'Parents Only' (no players) meeting is a good idea as a "meet and greet" as the season is getting underway. This meeting is a good opportunity for parents to get to know you and each other. You can take some time in a relaxed atmosphere to tell them about yourself, your coaching philosophy, playing rules, your philosophy about how playing time is handled, get most of the questions answered before the team starts practicing, etc.

It is important to let parents know that you are the manager and under no circumstances will you tolerate coaching by parents (or siblings) from the stands during games. In a positive way, you can let them know that players get confused when they are being coached by parents and coaches at the same time. You might have told the player to do something completely different from what the parent or sibling is telling him.

Having an open line of communication with the parents is extremely important. Frequent emails are a good way to keep parents updated on what is going on with the team.

Encourage open communication with parents and that you will answer any questions they may have. However, it is fair to let them know that you will not stop practices to answer questions, but will give them all the time they need at a mutually convenient time. With field space at a premium and practice time precious, the message will be sent that you are putting the team first.

Topics to cover in the initial team meeting (see sample agenda on next page):

- Tell them about you – why you coach, your experience and philosophy
- Introduce your assistant coaches
- Go over your communication methods: email, [GroupMe](#) app (free!), phone chain, etc. (get all parent cell phone numbers)
- Review your expectations with respect to practice attendance
- Explain your philosophy and Little League rules about playing time, positions, etc.
- Secure volunteers to fill key roles including:
 - ✓ Coaches (if you haven't already)
 - ✓ Team Parent
 - ✓ Team Umpire (for lower divisions)

- ✓ Field preparation and post-game trash pickup (dugout clean)
- ✓ Snack bar help
- ✓ Scorekeeper for divisions that keep score (consider using the free [GameChanger](#) app for scoring, automatic statistics, etc.)
- ✓ Game Day snacks and drinks
- Logistics (practice/game schedules, equipment and uniform needs, etc.)

Sample Agenda for First Team Meeting

1. **Welcome & Introductions (15 minutes).** Use this time to break the ice. Have each person go around the room, say their name and something interesting that most people don't know about them. Ask the kids to say their favorite baseball player or team.
2. **Coaching Experience and Philosophy (5 minutes).** Let the parents know what your coaching philosophy is and how long you have been coaching the sport. Emphasize things like good sportsmanship, honoring the game, focusing more on effort than winning, learning the sport, and "flushing" mistakes. Tell the parents you expect them to be excellent role models and to help you fill the kids' "emotional tanks." If it's your first year as a coach, big deal. Just tell 'em that. They'll be more forgiving if you make a mistake during the season and they'll also be more apt to volunteer to help you out in whatever way possible.
3. **Goals for the Season (15 minutes).** Review your goals and hopes for the upcoming season. (Examples: Players will love the sport at least as much at the end of the season as at the beginning; All players' knowledge of the sport will improve; All players will get as much meaningful playing time as possible; The parents will enjoy the season as much as the players.) Ask the parents what their hopes are for the season. (You don't have to respond to everything right then – you can think about it and talk with parents later if they express goals that are inconsistent with your values.)
4. **Logistics (10 minutes).** Announce your practice and game schedules (you can use Team Sideline to email team events out and/or print out your schedule ahead of time and distribute it during the meeting). Tell the parents what equipment their child will need (examples: glove, baseball bag, cleats, cup, etc.). Tell them what color baseball pants, socks, belts to purchase and where to get them (Big 5, Dick's Sporting Goods, Amazon, etc.).
5. **Ask for Volunteers (15 minutes).** Save this one until the end. Use the sample volunteer sign-up sheet in this packet, put it on a clipboard, and pass it around the

TIP

Consider holding the first team meeting at your own house. What better way to keep everyone's attention and gain the "home field advantage"? It sure beats a loud pizza joint where people are getting up and down for food and drinks and the kids are more interested in what's going on in the video game arcade than sitting with all the parents. Spend about an hour taking notes in preparation for this meeting and rehearsing what you're going to say. See "[Handling Disputes](#)" on page xxxxxxxx for more agenda ideas.

room while you discuss the importance of having everyone participate as part of the team. While the clipboard is going around, read aloud the descriptions of each of the various volunteer roles available on the team. Do not let the clipboard come back to you with empty slots. If it does, send it around again and tell the parents that it looks like a few people may have missed the clipboard going by. (Re-emphasize that this isn't babysitting and you don't plan to do this alone.)

VOLUNTEER ROLES AND DESCRIPTIONS

Use this section to answer any questions parents might have about the various volunteer positions you have on your team. Print out multiple copies as handouts for parents.

Role: Manager (you!)

Approximate Time Commitment: 6-20 hours per week

Duties:

- Complies with the NNLL Coaches Code of Conduct
- Creates & maintains an environment of safety, learning, fun, and positive reinforcement
- Conducts a preseason team meeting with parents and players to explain acceptable player and parent behavior and to communicate his/her expectations to the team as clearly, consistently, and as early as possible
- Serves as an example of dignity and patience to all players, families, officials, and fans
- Seeks to maintain player safety at all times
- Treats all players fairly and with respect at all times
- Advises parents/guardians to be timely and responsible in dropping off and picking up their children for practices and games
- Introduces himself/herself to officials and opposing coaches before the game
- Is responsible for the sportsmanship of the players during games and practices
- Is responsible for the conduct of the parents and spectators rooting for his/her team during games and practices
- Encourages parents to applaud and cheer good plays by either team
- Clearly, forcefully, and directly discourages parents from being derisive toward officials or opposing players
- Does not address the officials (umpires) of the game inappropriately
- If there is an issue or dispute, discusses it with the official calmly and patiently
- If the complaint is unresolved, or if he/she believes the official was unfair, biased, unfit or incompetent, reports his/her opinion in writing to the Division Commissioner
- After each game, thanks the officials, opposing players, and coaches (and instructs his/her players to do the same)
- Familiarizes himself/herself with NNLL by-laws pertinent to his/her responsibilities and adheres to the requirements of those by-laws
- Conducts all practices and games in strict conformance with NNLL's playing requirements and guidelines
- Attends all mandatory manager meetings and ensures at least one volunteer on the team has attended the mandatory safety meeting
- Understands, complies with, and enforces all NNLL rules, regulations and policies

Role: Assistant Coach (2 per team)

Approximate Time Commitment: 6-8 hours per week

Duties:

- Complies with the NNLL Coaches Code of Conduct
- Acts as Team Manager in his/her absence
- Helps to conduct practices and drills
- Serves as bench coach and/or base coach during games
- Attends mandatory coaching clinics
- Understands, complies with, and enforces all NNLL rules, regulations and policies

Role: Team Parent (1 per team) | **Approximate Time Commitment:** 2-6 hours per week

Duties:

- Communicates with parents about team and league events
- Organizes post-game snacks with team families (in younger divisions)
- Coordinates parent volunteers for NNLL snack bar (Single-A and up) and other league events (fireworks booth, tournaments, etc.)
- Organizes team and players for Picture Day and reminds players/parents of assigned time and location for photos
- Coordinates Manager/Coach's gifts and organizes team's End of Season Picnic
- Attends NNLL Team Parent Coordinator meeting

Role: Team Umpire (1-2 per team) | **Approximate Time Commitment:** 2-4 hours per week

Duties (AA & AAA only):

- Arrives to field 30 minutes prior to game time to dress, inspect field, and inspect all player equipment
- Coordinates the game to enforce rules of play, safety, and sportsmanship
- Acts as an impartial judge of all rule conflicts and other questions of play during games
- Is positioned on the field to officiate the entire game and ensure all rules of safety and sportsmanship are enforced
- Provides the team with rules administration, interpretation and updates as necessary throughout the season
- Serves as the first line of questioning about specific rules
- Communicates with NNLL's Umpire-In-Chief (UIC) to understand and apply newly-adopted rules
- Is available for each home game as specified
- Remains on the field for all offensive and defensive play
- Attends Umpire Clinics, Rules Clinics, and/or other meetings with UIC as requested

Role: Scorekeeper (1-2 per team) | **Approximate Time Commitment:** 2-4 hours per week

Duties (for divisions that keep score only):

- Arrives to field 30 minutes prior to game time
- Obtains lineup cards from both managers and records team names, players' names, jersey numbers, batting order, defensive field positions for all innings, and today's date, and time of first pitch in the official scorebook (or GameChanger app)
- Serves as official scorekeeper for all home games and may be asked to keep score for visitor games as directed by Team Manager
- Records the game on official scorebook or GameChanger app (e.g., balls and strikes, how player reached base, runs and outs, runs batted in, trips to the mound by the Coach, innings pitched, pitch count, etc.)
- Uses Pitch Count Log to keep track of pitch counts for both teams
- Serves as official timekeeper for home games

Role: Equipment Mgr (1 per team) | **Approximate Time Commitment:** 1-2 hours per week

Duties:

- Arrives 45-60 minutes prior to games to bring team equipment bag (catchers gear, team bats, balls, helmets, etc.) to the field (10 minutes before practices)

- Arranges for alternate if unavailable
- Inspects equipment and ensures it meets safety standards
- Coordinates the removal and repair of unsafe equipment with a league official
- Stays 15 minutes after game to collaborate with Dugout Manager to quickly remove all equipment from the dugout so next team can access the dugout next

Role: Dugout Mgr (1-2 per team) | **Approximate Time Commitment:** 1-2 hours per week

Duties:

- Arrives 30 minutes prior to start of game to set up dugout (helmets, bat rack, water jug, etc.) or portable bleachers (for tee-ball)
- Hangs team banner
- Brings water and cups to each game or practice
- Stays 15 minutes after game to collaborate with Equipment Manager to quickly remove all equipment from the dugout so next team can access the dugout next

Role: Groundskeeper (2-4/team) | **Approximate Time Commitment:** 1-2 hours per week

Duties:

- Arrives 30-45 minutes prior to home games to prepare field for play (dragging, raking, watering, repairing holes on mound and batter’s box, chalking, installing bases, etc.)
- Stays 30-45 minutes after away games to prepare field for next game
- Ensures bases and all tools and equipment are returned to the proper storage box and secured (locked) before leaving the park
- Communicates to Team Manager or Board Member on Duty when inventory (chalk, Turface®, spray paint, etc.) is running low, missing, or needs to be replaced
- May be asked on occasion to assist in the general, ongoing maintenance of the fields (e.g., fertilizing and mowing the fields, edging the infield and baselines, raking the infields and baselines, picking up trash, maintaining pitching mound dimensions, and reporting over-watering or under-watering of the turf)

Role: Snack Bar (6-8 per team) | **Approximate Time Commitment:** 1-2 hours per week

Duties (Single-A & Up):

- Rotates with other snack bar volunteers on the team
- Dresses comfortably in anticipation of weather, length of shift, etc.
- Arrives to Snack Bar at time of scheduled start of shift to sign in and begin shift
- Collaborates with other on duty snack bar volunteers to coordinate responsibilities (cash register, runner, stocker, snow cone machine, grill, etc.)
- Uses NNLL’s snack bar cash register app to accurately ring up sales of snack bar items and make change as appropriate
- Keeps snack bar items stocked
- Operates snow cone machine, hot dog machine, nacho cheese machine, grill, etc.
- Keeps snack bar area clean at all times
- Communicates to Snack Bar Coordinator or Board Member on Duty when inventory is running low or needs to be replaced
- If first shift of day, arrives 60 minutes before first game to help to set up the snack bar
- If last shift of the day, stays 30 minutes after snack bar closes to clean the snack bar and put stock away
- Finds replacement volunteer if own shift cannot be filled

VOLUNTEER SIGN-UP SHEET

INSTRUCTIONS FOR PARENTS: Please review the descriptions and time commitments for our team’s volunteer needs listed below. Place your name in the box(es) for the position(s) you wish to fill this season.

Assistant Coaches (2)

6-8 hours per week. Help conduct practices and drills (including pre-game); help coach games; fill in for manager as needed

#1	#2
----	----

Team Parent (1)

2-6 hours per week. Communicate with parents about team/league events; coordinate snack (or snack bar) schedule with parents; collect money from parents for various items (e.g., Raley Field Day, team spirit wear, coach’s gifts, banner, etc.)

#1

Team Umpires (1-2)

2-4 hours per week. Serve as primary umpire for team’s home games. Officiate games impartially and in accordance with NNLL rules. Attend NNLL Umpire and/or Rules clinics as requested.

#1	#2
----	----

Scorekeepers (1-2, AA and up)

2-4 hours per week. Serve as official scorekeeper for all home games (and keep score for manager as requested when we are the visiting team). Attend NNLL Scorekeepers Clinic and Rules Clinic.

#1	#2
----	----

Equipment Manager (1)

1-2 hours per week. Store team equipment bag, balls, etc. and bring to all games and practices. Inspect equipment periodically and ensure it meets safety standards.

#1

Dugout Managers (1-2)

1-2 hours per week. Arrive to games early enough – and stay late enough – to set up and quickly tear down the dugout before and after each game. Hang team banner. Bring water and disposable cups to each game/practice.

#1	#2
----	----

Groundskeepers (1-4)

1-2 hours per week. Arrive to games early enough – or stay late enough – to set up the field (e.g., drag, rake, water infield; fill in holes; chalk the baselines and batter’s box). Ensure tools are returned to proper lock box and secured before leaving the park.

#1	#2	#3	#4
----	----	----	----

Snack Bar (6-8)

1-2 hours per week. Be available to volunteer in NNLL Snack Bar on Saturdays when we are the home team (you will be required to ring up sales of snack bar items and collect money from patrons).

#1	#2	#3	#4
#5	#6	#7	#8

EQUIPMENT

North Natomas Little League provides each Team Manager with an equipment "starter kit" which includes a league bat, catcher's gear (chest protector, catcher's helmet with throat guard, shin guards, mitt), 3-5 batters helmets, 1-2 dozen balls, a first aid kit, some ice packs, and a canvas duffle bag to carry it all. Equipment must be picked up on the designated date and all inventory returned at the end of each season.

If equipment becomes lost or is in need of repair, please contact the league Equipment Coordinator immediately (see Board of Directors contact information on page 4).

Before purchasing any personal equipment for use in Little League, please review the following guidelines taken from the Little League Rule Book. Unacceptable or illegal equipment will be removed from play. This summary is intended to assist in the purchasing of equipment only. It is not comprehensive, nor, a summary of all applicable rules.

BATS

Composite barreled bats are prohibited unless there is a waiver (Majors and lower divisions). An Approval Letter for approved bats (sometimes referred to as a "waiver") must be available for review upon request prior to play.

If a bat approval is required: print the Approval Letter (in COLOR); leave the letter in the bat bag with the bat; bring the letter to EVERY game.

Current list of approved bats:

<http://www.littleleague.org/learn/equipment/baseballbatinfo.htm>

Bat Requirements for Baseball Divisions

1. Little League (Majors and below):

- Cannot be more than 33" in length or more than 2-1/4" in diameter
- All non-wood bats must be printed with "BPF 1.15" (1.15 or less)

2. Juniors and Intermediate (50/70)

- Cannot be more than 34" in length or more than 2-5/8" in diameter
- Composite barreled bats must meet BBCOR standards and be permanently labeled as such

3. Senior/Big League:

- Cannot be more than 36" in length or more than 2-5/8" in diameter
- Limit to 'Drop 3': Not lighter than 3 ounces less than the length of the bat (e.g., a 33" bat cannot weigh less than 30 oz.)
- All non-wood bats must meet BBCOR standards and be permanently labeled as such

Bat Requirements for Softball Divisions

Same as baseball for each division EXCEPT all bats used in softball must be:

- Marked as a SOFTBALL bat with a BPF of 1.20 or less (ALL divisions)
- Less than 2-1/4" in diameter (ALL divisions)
- NOTE: Composite barreled bat ban does not apply

HELMETS

No stickers, decals, paint, etc. may be applied to any batting helmet (except by the manufacturer)/ Player must NOT apply paint, numbers, logos, tape, decals, etc. Helmets with added stickers, decals, etc. will be removed from play. Writing on the helmet surface may disqualify the helmet from play.

If labeling is desired, write name on the foam padding INSIDE the helmet with permanent marker.

Helmets must bear the NOCSAE stamp. Helmets must have no visible stress, damage or cracks and the internal foam padding must not be damaged.

CLEATS AND JEWELRY

- Cleats:** Shoes with molded cleats are permitted at all levels.
- Metal Cleats:** May be worn ONLY in Intermediate/Junior/Senior/Big Leagues.
- Jewelry:** Players must not wear any watches, necklaces, bracelets, rings, pins, or other jewelry. Jewelry is not allowed regardless of material (metallic or non-metallic). However, jewelry that alerts medical personnel to a specific condition is permitted (manager must inform umpire during plate conference).

GLOVES AND MITTS

- Fielder's Glove:** All fielders other than the catcher must wear a glove or mitt not more than 14" long from top to bottom, not more than 8" wide across the palm, with webbing not more than 5-3/4" wide at the top.
- Pitcher's Glove:** The pitcher's glove may not, exclusive of the piping, be white or light gray, nor in the judgment of an umpire be distracting in any manner. No pitcher shall wear sweat bands on their wrist or arm. In Softball, no white, light gray, or optical yellow (including as part of multi-colored gloves) are allowed.
- Mitt:** The catcher must wear a catcher's mitt (except in softball where the mitt must be consistent with protecting the hand).

CATCHER'S EQUIPMENT

- Required Protection:** Chest protector with neck collar, throat guard, shin guards, and a catcher's helmet with mask must be worn at all times while playing the catcher position.

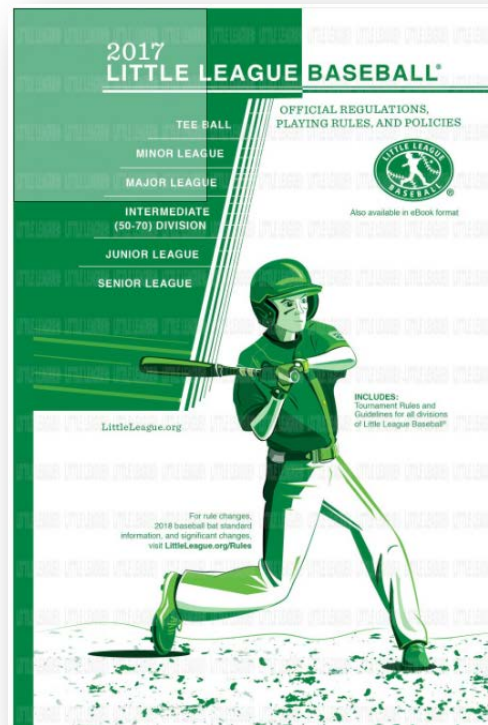
☐ **Catcher's Helmets:**

- Must bear the NOCSAE stamp (skull caps are not permitted)
- Must be worn during infield/outfield practice, pitcher warm-ups, and games
- Must have a dangling throat guard ("Dangling" means the throat guard still hangs down to protect the neck when the catcher looks straight up)

GAME RULES

At the start of each new season, all managers are given a copy of the Little League International rules (“the green book”). Each division’s set of game rules are largely based on these rules; As permissible by LLI, North Natomas Little League has adopted supplemental – or local – rules in the lower divisions to ensure the games are played in the spirit of good competition and better sportsmanship.

Each division’s supplemental rules can be found on the pages that follow.



NNLL SUPPLEMENTAL RULES: TEE BALL

NOTE: Any rules not specifically addressed below are governed by the official 2017 Little League rules.

GENERAL

- One game and practice per week.
- 45 minute game or two innings, whichever comes first.
- Games are two innings. Each team bats the entire lineup in both innings.
- No score kept, no outs recorded.
- No catcher's position and no plays at home plate.
- Runners advance one base per batter.
- Last batter runs all bases. Defense to remain on field until batter has reached home plate.
- Stress basics of game: Throwing, Catching, Base Running, and Batting.
- Introduce positions: Minimum mandatory play one inning infield, one inning out field per game.
- At the end of the game give a cheer, line up the players and give a high-five to the other team.

NNLL SUPPLEMENTAL RULES: ROOKIE LEAGUE

NOTE: Any rules not specifically addressed below are governed by the official 2017 Little League rules.

GENERAL

- Rookie League is an **Instructional Division**. The focus and emphasis is on:
 1. Baseball Fundamentals/Rules/Strategy/Sportsmanship
 2. Mechanics: Throwing/Fielding/Defense/Hitting/Base Running
- Outs are recorded. Score is not recorded. Standings are not recorded.
- Three outs or entire lineup bats constitutes end of an inning.
- Maximum of 12 players per team.
- Game time: 90 minutes or 6 innings. No new inning may start after 90 minutes.
- Only manager and assistant coaches are permitted on the field and in the dugout.
- Home team shall use 3rd base dugout; visiting team shall use 1st base dugout.
- Warm-ups: Players shall not warm up on the infield.
- Pre-game infield: 10 minutes for each team; visiting team first, home team second.
- No forfeits – teams will play with as many players as they have that day.
- Home team is responsible for setting up the field.
- Visiting team is responsible for taking down the field.

OFFENSE

- Hitting team bats entire lineup.
- This is a coach pitch league – maximum 5 pitches.
- Coach pitch should be from minimum distance of 30 feet. The 30-foot line should be marked during field prep.
- Standard rules apply to fifth pitch (e.g., foul balls keep at bat alive).
- There is no leading off any base.
- No stealing.
- Sliding is permitted and encouraged.
- **Mandatory Play - Offense:** Each player in the batting order shall be listed in a continuous order, which may not be changed once the game has started. Teams shall exchange lineups prior to the game. Players may change positions on the field, but the batting order shall remain the same. Players arriving late are placed in the last position in the original batting order. If a player leaves a game early their spot is skipped over in the lineup; this does not constitute an automatic out.

DEFENSE

- Only 10 players allowed on field. (The extra player must play outfield: LF, LC, RC, RF). Players may be substituted freely.

- **Mandatory Play - Defense:** Players shall not sit on the bench for more than one consecutive inning and not more than a total of 2 innings in a regulation game. Players must play an infield position (P, C, 1B, 2B, SS, 3B) for at least one full defensive inning (3 outs or entire lineup). Infield play requirement must be fulfilled within the first 4 innings. NOTE: A player who is absent for part of an inning is considered absent for the full inning. Absences will not be considered as an inning on the bench.
- **The "Advancing Runner" Rule:** Once a defensive player attempts to make a play on a runner, the runner must stop his advance. The goal is to encourage kids to make plays without risk of multiple overthrows. An offensive player may advance at own risk until an attempted play is made and must stop at the nearest base in the direction of travel.

NNLL SUPPLEMENTAL RULES: MINOR A DIVISION

NOTE: Any rules not specifically addressed below are governed by the official 2017 Little League rules.

GENERAL

- Minor A is an **Instructional Division**. The focus and emphasis is on:
 1. Baseball Fundamentals/Rules/Strategy/Sportsmanship
 2. Mechanics: Throwing/Fielding/Defense/Hitting/Base Running
- Outs are recorded. Score is not recorded. Standings are not recorded.
- Three outs or entire lineup bats constitutes end of an inning.
- Maximum of 12 players per team.
- Game time: 90 minutes or 6 innings. No new inning may start after 90 minutes.
- Only manager and assistant coaches are permitted on the field and in the dugout.
- Home team shall use 3rd base dugout; visiting team shall use 1st base dugout.
- Warm-ups: Players shall not warm up on the infield.
- Pre-game infield: 10 minutes for each team; visiting team first, home team second.
- No forfeits – teams will play with as many players as they have that day.
- Home team is responsible for setting up the field.
- Visiting team is responsible for taking down the field.
- No coaches on the field during play. Coaching must be done from the dugout and coaches boxes on the baselines.

OFFENSE

- Hitting team bats entire lineup or 3 outs.
- This is a machine pitch league – maximum 5 pitches. Machine must be set on Level 3.
- Pitching distance is a minimum of 30 feet from home plate. The 30-foot line should be marked during field setup.
- Standard rules apply to fifth pitch (e.g., foul balls keep at bat alive).
- There is no leading off any base.
- No stealing.
- Sliding is permitted and encouraged.
- **Mandatory Play - Offense:** Each player in the batting order shall be listed in a continuous order, which may not be changed once the game has started. Teams shall exchange lineups prior to the game. Players may change positions on the field, but the batting order shall remain the same. Players arriving late are placed in the last position in the original batting order. If a player leaves a game early, their spot is skipped over in the lineup; this does not constitute an automatic out.

DEFENSE

- **Mandatory Play - Defense:** Players shall not sit on the bench for more than one consecutive inning and not more than a total of 2 innings in a regulation game. Players must play an infield position (P, C, 1B, 2B, SS, 3B) for at least one full defensive inning (3 outs or entire lineup). Infield play requirement must be fulfilled within the first 4 innings. NOTE: A player who is absent for part of an inning is considered absent for the full inning. Absences will not be considered as an inning on the bench.
- **The "Advancing Runner" Rule:** Once a defensive player attempts to make a play on a runner, the runner must stop his advance. The goal is to encourage kids to make plays without risk of multiple overthrows at the Minor A level. An offensive player may advance at own risk until an attempted play is made and must stop at the nearest base in the direction of travel.

NNLL SUPPLEMENTAL RULES: MINOR AA DIVISION

NOTE: Any rules not specifically addressed below are governed by the official 2017 Little League rules.

GENERAL

- Minor AA is an **Instructional Division**. The focus and emphasis is on:
 1. Baseball Fundamentals/Rules/Strategy/Sportsmanship
 2. Mechanics: Pitching/Throwing/Fielding/Defense/Hitting/Base Running
- Outs are recorded. Score is recorded. Standings are not recorded.
- Maximum of 12 players per team.
- Game time: 90 minutes or 6 innings.
- Three outs or 5-run max per half inning. No 'mercy rule.'
- Only manager and assistant coaches or approved volunteers are permitted on the field.
- Home team shall use 3rd base dugout; visiting team shall use 1st base dugout.
- Warm-ups: Players shall not warm up on the infield. Coaches cannot warm up pitchers.
- Pre-game infield: 10 minutes for each team; visiting team first, 25 minutes prior to game time. Home team second, 15 minutes prior to game time.
- Home team is responsible for setting up the field.
- Visiting team is responsible for taking down the field.
- No coaches on the field during play. Coaching must be done from the dugout and coaches boxes on the baselines.

PITCHING AND HITTING

- Hitting team bats entire lineup; up to 9 batters maximum per half inning.
- Players pitch: Pitch counts and rest periods – governed by official 2017 Little League rules.
- Count starts at 1 ball and 0 strikes.
- No walks: After ball four, the coach may finish pitching to the batter and will get a maximum of 2 pitches. A batter still only gets 3 strikes.
- ***** NEW RULE for 2017 ***** Coach must pitch from designated mound at 35'. Mound should be marked during field prep. Manager shall pitch from mound as a pitcher should. While pitching, the coach should be considered part of the field of play (e.g., if hit by a ball, the ball is live).
- Standard rules apply to coach's second pitch (e.g., foul balls keep at bat alive).
- Pitcher who delivers 41+ pitches cannot play catcher position the remainder of that game.
- Player who plays catcher in four or more innings is not eligible to pitch on that calendar day.
- Hit by pitch: Player has the option to take first base. Pitch counts as a ball.

- Team umpire of Home team may call balls and strikes from behind the mound or behind the plate. It should not be the manager or coach.
- **Mandatory Play - Offense:** Each player in the batting order shall be listed in a continuous order, which may not be changed once the game has started. Teams shall exchange lineups prior to the game. Players may change positions on the field, but the batting order shall remain the same. Players arriving late are placed in the last position in the original batting order. If a player leaves a game early, his/her spot is skipped over in the lineup; this does not constitute an automatic out.
- ***** NEW RULE for 2017 ***** With two outs in an inning, the manager may choose a pinch runner for his pitcher or catcher so that they can get ready for the next inning. Player must be the pitcher or catcher of record. Runner must be the most recent out. This rule is in place to speed up the pace of play.

DEFENSE AND BASERUNNING

- No stealing; play is dead when catcher receives pitch.
- No steal on overthrow to pitcher by catcher.
- Runners may and should be encouraged to lead off any base after the pitch has crossed home plate.
- Ball is dead once the pitcher has the ball on the mound; the runners cannot advance on an overthrow to the pitcher.
- **Mandatory Play - Defense:** Players shall not sit on the bench for more than one consecutive inning and not more than a total of 2 innings in a regulation game. Players must play an infield position (P, C, 1B, 2B, SS, 3B) for at least one full defensive inning (3 outs or 5 runs). Infield play requirement must be fulfilled within the first 4 innings. A player who is absent for part of an inning is considered absent for the full inning. Absence will not be considered as an inning on the bench.
- **The "Make A Play" Rule:** When a defensive player "makes a play" that results in an overthrow, the runner may advance to the next base at his or her own risk (1 base max). The purpose of this rule is to avoid multiple overthrows in one play and thereby discouraging defensive players from making plays, and also to avoid prior arbitrary rule that play is dead once the pitcher has control of the ball.

NNLL SUPPLEMENTAL RULES: MINOR AAA DIVISION

NOTE: Any rules not specifically addressed below are governed by the official 2017 Little League rules.

GENERAL

- Minor AAA is an Instructional/Competitive Division. The focus and emphasis is on:
 1. Baseball Fundamentals/Rules/Strategy/Sportsmanship
 2. Mechanics: Pitching, Throwing, Fielding, Defense/Hitting/Base Running
- Outs are recorded. Score is recorded. Standings are recorded.
- Maximum of 13 players per team.
- Teams must have nine players in attendance at the start of the game. Once play has begun, if a player becomes injured, the team may continue with eight players. Teams may not continue with seven or fewer players.
- Games are regulation 6 innings. No new inning after 2 hours Monday – Friday. No new inning after 1 hour 45 minutes on Saturdays.
- **Sunset policy:** No new inning may begin 10 minutes prior to the sunset time that is posted on the home page of the NNLL website. All play must stop 10 minutes after posted sunset time. See NNLL website for entire Sunset Policy.
- **There is NO 'open inning.'** The game will be played as 6 innings or by the time restraints listed above.
- Once the 3rd out of an inning is recorded, that begins the start of the following inning.
- The 10-run rule is in effect after 4 innings (3½ if the home team is leading). The 6-run rule is in effect after 5 innings (4½ if the home team is leading).
- If the game is called during an incomplete inning, the game ends at the end of the last previous completed inning.
- Three outs or 5-run max per half inning.
- Home team shall use 3rd base dugout and is responsible for field setup; visiting team shall use 1st base dugout and is responsible for clean up after the game.
- Warm-ups: Players shall not warm up on the infield; coaches cannot warm up players once the game starts – no exceptions!
- Pre-game infield: 10 minutes for each team; visiting team first, home team second.
- Bullpen: Pitcher or player may warm up during the game with a teammate only (no parent or coach). However, the players must be supervised by the manager, coach or verified league volunteer. Any player in a crouching position must wear full catcher's gear.
- Home team is the official scorekeeper.
- Scores and pitch counts must be reported immediately following the game via the automated Team Sideline email. If you are not getting the email, please notify NNLL BOD immediately.

- All coaching/instruction must come from the dugout or coaches box only. Any coach used as an umpire is strictly that, an umpire.

PITCHING AND HITTING

- Hitting team bats entire lineup in continuous order. All players in attendance will be in the lineup.
- Pitch count is governed by official 2017 Little League rules.
- Pitcher who delivers 41+ pitches cannot play catcher position the remainder of that game.
- Player who plays catcher in four or more innings is not eligible to pitch on that calendar day.
- **Mandatory Play - Offense:** Each player in the batting order shall be listed in a continuous order, which may not be changed once the game has started. Teams shall exchange lineups prior to the game. Players may change positions on the field, but the batting order shall remain the same. Players arriving late are placed in the last position in the original batting order. If a player leaves a game early, his spot is skipped over in the lineup; this does not constitute an automatic out.
- ***** NEW RULE for 2017 ***** With 2 outs in an inning, the manager may choose to have a pinch runner run for his pitcher or catcher of record. The runner used must be the most recent out. This rule is in place to help with the pace of play.

DEFENSE AND BASERUNNING

- No special pinch runners. The only exception to this is the pitcher or catcher of record may be run for only when there are two outs in the inning, using the last out as the runner. This is to improve pace of play.
- Free defensive substitutions; all defensive positions except pitcher.
- **Mandatory Play - Defense:** Players shall not sit on the bench for more than one consecutive inning and not more than a total of two innings in a regulation game. Players must play an infield position (P, C, 1B, 2B, SS, 3B) for at least one full defensive inning (3 outs or 5 runs). Infield play requirement must be fulfilled before the end of the game, regardless of how many innings will be played in that game.
- If, in the final inning, a player (or players) is found to have not met the minimum play requirements, that player(s) will immediately assume a position that will fulfill the requirement, and remain in that position until the conclusion of that inning. Note: A player who is absent for part of an inning is considered absent for the full inning. Absences will not be considered as an inning on the bench.
- *****NEW RULE for 2017***** There will be no stealing of home on any pitcher-catcher exchanges, including wild pitches, passed balls or throws back to the pitcher from the catcher until **Saturday, April 29th**. At that point all previously mentioned plays become live.

DISTRICT 6 INTERLEAGUE RULES: SOFTBALL 8U

NOTE: Any rules not specifically addressed below are governed by the official 2017 Little League rules.

GENERAL

- No new inning after 1.5 hours from official game start time.
- 10-inch hard softballs.
- Home team is responsible for field set up, which includes setting up of the bases, raking and watering of the field before the game.
- Both teams are responsible for breaking down the field and putting everything away.
- Home team sits in the 3rd base dugout.
- No Forfeits. Teams will play with as many players as they have that day. At this level we encourage you to play 4 girls in the outfield.
- Each team is responsible for cleaning its own dugout before snacks are issued. It is everyone's responsibility to ensure we maintain a clean park.
- All batters must wear approved batting helmets while on the playing field. (See Rule 1.16)
- The entire team will bat in the lineup.
- Minimum play requirements to include 1 inning in the infield and 1 inning in the outfield in the first 4 innings.
- This is a player/coach-pitch league. The batter will start with a 1-0 count, which will proceed with additional pitches from the pitcher, until one of the following happens:
 - A count with 4 balls is reached. At this point the coach will pitch until a count with 3 strikes is reached, a putout in the field is made, or the batter gets a hit. Foul balls/tips keep the at bat alive.
 - A count with 3 strikes is reached. Foul balls/tips keep the at bat alive.
 - The batter puts the ball into play and a putout in the field is made.
 - The batter gets a hit.
- Five warm-up pitches between innings.
- A coach must pitch to all players under 7 years old. There are no exceptions to this rule.
- The coach must throw from the pitching circle and maintain a somewhat normal pitching motion and velocity. (The league does not become a slow pitch league just because the coach comes in to complete the count.)
- There are no walks for batters. Once the batter has missed or watched 3 strikes (from the player or the coach pitch combined), she is out. A foul ball / tip on the final pitch allows for another pitch.
- No stealing or advancing on a wild pitch/passed ball.
- Leading off is permitted, once the ball crosses the plate.
- Sliding is permitted and encouraged.

- You may field up to 10 players (6 infield and 4 outfield).
- All fielders must wear hats or visors while on the playing field. Exceptions: pitchers and players wearing a mask that interferes with the hat or visor.
- No persons shall be allowed on the playing field during a game except uniformed players, managers and coaches. (See Rule 3.15)
- If batter is hit by a player-pitched ball without the ball bouncing on the ground, they are awarded first base unless the batter feels she can continue her at bat.
- If a pitcher hits any three batters within one game the pitcher must be pulled from the pitching position for the remainder of that game.
- No pitcher may pitch more than two innings per game.
- A 5-run rule is in effect for each inning. Once the offensive team scores five runs in an inning, regardless of how many outs they have, the fielding team will come to bat. Since runs are tracked solely for the purpose of turning over the inning, there will be NO open inning.
- **“Make A Play” Rule.** The runner is only allowed to advance one base on an overthrow. (For example, if a hit ball is fielded and thrown to the 1st baseman and she misses the ball, the runner is only allowed to take 2nd base on the overthrow. This rule applies to every base. Exception: If the ball is missed and then thrown again to attempt to make an out at the next possible base and overthrown, the runner may proceed to the next base.)
- When a ball is hit to the outfield, the runner may advance until a player has control of the ball in the infield dirt. At that point the runner may advance to the base she is running to and stop. If she is tagged out then she is out. If a play is attempted then the “Make a Play” rule takes over.

DISTRICT 6 INTERLEAGUE RULES: SOFTBALL 10U

NOTE: Any rules not specifically addressed below are governed by the official 2017 Little League rules.

GENERAL

- Continuous batting order and free substitutions.
- No new inning after 2 hours from official game start time.
- Home team is responsible for field setup, which includes setting up of the bases, raking and watering of the field before the game.
- Both teams are responsible for breaking down the field and putting everything away.
- Home team sits in the 3rd base dugout.
- Each team is responsible for cleaning its own dugout before snacks are issued. It is everyone's responsibility to ensure we maintain a clean park.
- All batters must wear approved batting helmets while on the playing field. (See Rule 1.16)
- Minimum play requirements to include 1 inning infield and 1 inning outfield in first 4 innings.
- All fielders must wear hats or visors while on the playing field. Exceptions: pitchers and players wearing a mask that interferes with the hat or visor.
- No persons shall be allowed on the playing field during a game except uniformed players, managers and coaches. (See Rule 3.15)
- A five-run rule is in effect for each inning. No more than five runs can be scored in an inning. Once the offensive team scores five runs in an inning, regardless of how many outs they have, the fielding team will come to bat.
- There is NO open inning. The game will be played as 6 innings or by time restraints listed above.
- A player can pitch 6 innings per week and/or 4 innings per game.
- If a pitcher hits any three batters within one game the pitcher must be pulled from the pitching position for the remainder of that game.
- Stealing is permitted, once the ball has crossed home plate. If base runner leaves too soon, she will be sent back to base.
- There will be no stealing of home on a passed ball or wild pitch until the mid-point of the season. That date will be determined by the BOD and will be shared with coaches prior to the change taking place.

DISTRICT 6 INTERLEAGUE RULES: SOFTBALL 12U

NOTE: Any rules not specifically addressed below are governed by the official 2017 Little League rules.

GENERAL

- Continuous batting order and free substitutions.
- No time limit.
- Home team is responsible for field setup, which includes setting up of the bases, raking and watering of the field before the game.
- Both teams are responsible for breaking down the field and putting everything away.
- Home team sits in the 3rd base dugout.
- Each team is responsible for cleaning its own dugout before snacks are issued. It is everyone's responsibility to ensure we maintain a clean park.
- All batters must wear approved batting helmets while on the playing field. (See Rule 1.16)
- All fielders must wear hats or visors while on the playing field. Exceptions: pitchers and players wearing a mask that interferes with the hat or visor.
- If a pitcher hits any three batters within one game the pitcher must be pulled from the pitching position for the remainder of that game.
- No persons shall be allowed on the playing field during a game except uniformed players, managers and coaches. (See Rule 3.15)

PITCH COUNT RULES

Little League International does not recognize pitch count rules for Softball.

Regular Season Pitching Rules - Baseball

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

A pitcher once removed from the mound cannot return as a pitcher. (NOTE: In Junior, Senior, and Big League divisions only, a pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.)

Pitch Limits per Day

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:

League Age	Pitches Per Day
7-8 years old	50 pitches per day
9-10 years old	75 pitches per day
11-12 years old	85 pitches per day
13-16 years old	95 pitches per day
17-18 years old	105 pitches per day

Exception: If a pitcher reaches the limit imposed above 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

Note: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.

Rest Requirements

Pitchers **league age 14 and under** must adhere to the following rest requirements:

Pitches in a day	Calendar Days of Rest
66 or more	Four (4)
51-65	Three (3)
36-50	Two (2)
21-35	One (1)
1-20	None (0)

Pitchers **league age 15-18** must adhere to the following rest requirements:

Pitches in a day	Calendar Days of Rest
66 or more	Four (4)
51-65	Three (3)
36-50	Two (2)
21-35	One (1)
1-20	None (0)

Each league must designate the scorekeeper or another game official as the official pitch count recorder.

The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire. However, the manager is responsible for knowing when his/her pitcher must be removed.

The official pitch count recorder should inform the umpire-in-chief when a pitcher has delivered his/her maximum limit of pitches for the game, as noted in the Pitch Limits Per Day table above.

The umpire-in-chief will inform the pitcher's manager that the pitcher must be removed in accordance with Little League Regulation VI (c). However, the failure by the pitch count recorder to notify the umpire-in-chief, and/or the failure of the umpire-in-chief to notify the manager, does not relieve the manager of his/her responsibility to remove a pitcher when that pitcher is no longer eligible.

Violation of any section of this regulation can result in protest of the game in which it occurs. Protest shall be made in accordance with Playing Rule 4.19.

A player who has attained the league age of twelve (12) is not eligible to pitch in the Minor League. (See Little League Regulation V – Selection of Players)

A player may not pitch in more than one game in a day. (Exception: In the Big League Division, a player may be used as a pitcher in up to two games in a day.)

NOTES:

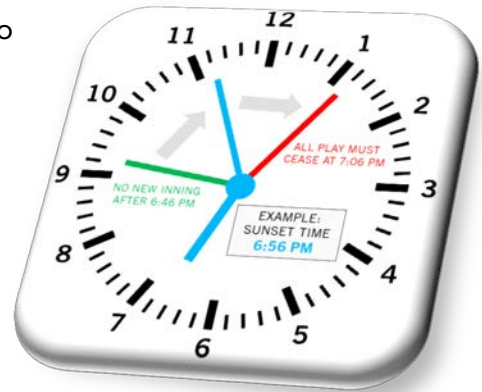
1. The withdrawal of an ineligible pitcher after that pitcher is announced, or after a warm-up pitch is delivered, but before that player has pitched a ball to a batter, shall not be considered a violation. Little League officials are urged to take precautions to prevent protests. When a protest situation is imminent, the potential offender should be notified immediately.
2. Pitches delivered in games declared "Regulation Tie Games" or "Suspended Games" shall be charged against pitcher's eligibility.
3. In suspended games resumed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.

- Example 1: A league age 12 pitcher delivers 70 pitches in a game on Monday when game is suspended. The game resumes on the following Thursday. The pitcher is not eligible to pitch in the resumption of the game because he has not observed the required days of rest.
- Example 2: A league age 12 pitcher delivers 70 pitches in a game on Monday when game is suspended. The game resumes on Saturday. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game because he has observed the required days of rest.
- Example 3: A league age 12 pitcher delivers 70 pitches in a game on Monday when game is suspended. The game resumes two weeks later. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game, provided he is eligible based on his/her pitching record during the previous four days.
- Note: The use of this regulation negates the concept of the “calendar week” with regard to pitching eligibility.

SUNSET RULE (AA THROUGH JUNIORS)

Per North Natomas Little League rules (AA and above), no new inning may begin less than ten (10) minutes prior to sunset and all play must cease no later than ten (10) minutes following sunset.

Using the NNLL website as a reference, the game's official scorekeeper will determine and record the sunset time in the official score book at the start of the game. Times and time limits are in effect, even if the scorekeeper fails to inform the umpire and/or managers.



The scorekeeper shall inform the umpire and/or managers 10 minutes prior to the official sunset time (as referenced on the NNLL home page).

Per rule, a new inning starts when the preceding inning's third out is made. Thus, when the last out of the bottom of any inning is made with less than 10 minutes to Sunset, the game ends.

All Play Must Cease: The scorekeeper shall inform umpire and/or managers 10 minutes after Sunset.

At this time, play will continue until the current batter is either retired or reaches base safely. For purposes of this rule, a batter will be considered "at-bat" if BOTH the pitcher is on the rubber AND the batter has stepped into the box.

The umpire(s) may end the game at any time if daylight conditions warrant ending play, but must consult with each team's manager. If BOTH managers agree to continue play, play shall continue subject to the above time limits. This policy applies only to sunset/dusk conditions.

Games ending due to lack of daylight, shall be recorded, or continued, as appropriate per official Little League rules.

TIE BREAKER PROCEDURES (AAA AND HIGHER DIVISIONS ONLY)

North Natomas Little League will utilize the following tie-breaker procedures to determine final standings at the end of the regular season.

Two teams: If two teams are tied in the standings, the following procedures will be used to determine the higher seeded team:

1. Head-to-head win-loss results during the regular season; if still tied:
2. Each team's won-loss percentage vs. the team occupying the highest position in the final regular standings, and then continuing down through the standings (through the top two teams); if still tied:
3. Highest run differential between the two teams (run differential in this case is defined as "total runs scored minus total runs allowed" in the head-to-head matchups between the two teams); if still tied:
4. The higher seed will be decided by a coin toss conducted by the NNLL Board of Directors

Three or more teams: If three or more teams are tied in the standings, the following procedures will be used to determine the higher seeded team:

1. Head-to-head win-loss results during the regular season; if still tied:
2. Each team's won-loss percentage vs. the team occupying the highest position in the final regular standings, and then continuing down through the standings (through the top three teams); if still tied:
3. Highest run differential among the three teams (run differential in this case is defined as "total runs scored minus total runs allowed" in the regular season games played against the other tied teams); if still tied:
4. The higher seed will be decided by a coin toss conducted by the NNLL Board of Directors

PLAYOFF RULES (AAA AND HIGHER DIVISIONS ONLY)

North Natomas Little League will utilize the following procedures to determine playoff seeding and schedules.

NNLL Majors Playoffs (can also be used for other 8-team leagues)

Teams that finish the regular season in 7th and 8th place are eliminated from playoff contention.

Round 1 (highest-seeded team is home team)

- Top two seeds receive first round bye.
- 3rd place team vs. 6th place team
- 4th place team vs. 5th place team

Round 2 - Semifinals (highest-seeded team is home team)

- 1st place team vs. winner of 3rd place vs. 6th place team in Round 1
- 2nd place team vs. winner of 4th place vs. 5th place team in Round 1

Round 3 - Championship (highest-seeded team is home team)

- Winners of both Semifinals games play each other for championship

All game dates, times and locations will be determined by NNLL Board of Directors.

NNLL AAA Playoffs (can also be used for other 10-team leagues)

All ten teams are eligible for the playoffs.

Wildcard Round (highest-seeded team is home team)

- 7th place team vs. 10th place team (winner advances to Round 1; losing team is eliminated from playoff contention)
- 8th place team vs. 9th place team (winner advances to Round 1; losing team is eliminated from playoff contention)

Round 1 (highest-seeded team is home team)

- Game 1: 1st place team vs. winner of 8th place vs. 9th place team in Wildcard Round
- Game 2: 2nd place team vs. winner of 7th place vs. 10th place team in Wildcard Round
- Game 3: 3rd place team vs. 6th place team
- Game 4: 4th place team vs. 5th place team

Round 2 - Semifinals (highest-seeded team is home team)

- Game 5: Winner of Game 1 plays winner of Game 3
- Game 6: Winner of Game 2 plays winner of Game 4

Round 3 - Championship (highest-seeded team is home team)

- Game 7: Winner of Game 5 plays winner of Game 6

All game dates, times and locations will be determined by NLL Board of Directors.

HANDLING DISPUTES

As part of the registration process, all volunteers and parents acknowledge their support of the North Natomas Little League Code of Conduct.

While the vast majority of our parents conduct themselves properly, sometimes conflicts and disputes arise – between coaches, between players, and with umpires, parents and spectators. NNLL is not alone. A recent Google search for the term “little league parents fight” returned over 9.7 million results!

Managers must be prepared to resolve conflicts through dialogue based upon mutual respect.

Conflicts with Parents

As much as parents strive to avoid disagreements with their child’s coach (and vice versa) it is inevitable that there will be differences of opinion during the course of the season. Typically, these differences involve issues such as coaching style or game strategy. Perhaps the most potentially volatile subjects, however, are disagreements over coaching philosophy, assigning positions or the allocation of playing time. Nothing irritates parents more than watching their child sit on the bench or “always playing right field.”

When conflict between coaches and parents is not adequately resolved, communication stops and animosity develops. Parents who think their child is not being treated fairly often feel “powerless” and frustrated that their concerns are not being addressed. Coaches who sense parental discontent often feel “persecuted” and unappreciated for all the time and effort that they devote to coaching young athletes. Left further unresolved, conflicts can escalate to verbal and, in rare cases, physical altercations that not only reflect poorly upon the individuals involved, but can also tarnish the sport, embarrass the sponsoring organization, and divide an entire community.

It is important that managers be able to identify some of the factors that can lead to conflict between coaches and youth sport parents, particularly, the misguided behavior of well-meaning volunteers and the unrealistic expectations of over-protective parents, and to be able to implement strategies for avoiding disputes or resolving disagreements before they become headline news.

“The Little League Parent and Volunteer Pledge”

- I will teach all children to play fair and do their best.
- I will positively support all managers, coaches and players.
- I will respect the decisions of the umpires.
- I will praise a good effort despite the outcome of the game.

DISCIPLINARY ACTION

The vast majority of our parents conduct themselves properly. Thankfully, there are only a few who do not understand that the enjoyment of children is the goal of Little League.

The NNLL Board of Directors aspires to promote the health and well-being of our community's children. When disagreements cannot be resolved, the league will intervene and act impartially. Accordingly, the league believes that violating the Code of Conduct is a serious offense and will not be taken lightly.

It is the responsibility of the Manager to understand the consequences of violating the Code of Conduct. Due to the extreme nature of some consequences, managers should educate parents, guardians and spectators on their teams about the consequences of unacceptable behavior at the beginning of each season and throughout the season as warranted.

North Natomas Little League encourages parents, coaches and umpires to report unacceptable behavior to the Board. (The best way to do this is through our email, nnll@nnll.org.) Of course, serious infractions involving violence, threats of violence, or use of illegal substances and/or alcohol should be immediately reported to local law enforcement authorities.

Any person found to be in violation of the North Natomas Little League Code of Conduct will be subject to disciplinary action, up to and including removal, in accordance to NNLL by-laws.

Some of the more common infractions include (but are not limited to):

- (1) Display of poor sportsmanship or disrespectful behavior, including arguing or "baiting" the umpire;
- (2) Loss of temper and/or self-control;
- (3) Demonstrating an obvious lack of integrity by intentional manipulation of the rules, and/or cheating;
- (4) Playing players less than Minimum Play Requirements;
- (5) Use of bad language, including derogatory remarks made toward a player or another adult;
- (6) Allowing players to "trash talk" other players or umpires;
- (7) Use of alcohol, drugs or tobacco while around the team.

The NNLL Disciplinary Committee (DC) meets regularly to review and investigate all allegations of misconduct and unacceptable behavior. The DC reserves the right to recommend disciplinary action up to, and including, lifetime suspension from NNLL based on (a) the severity of the specific incident, (b) past actions (during current or prior seasons) by the individual, and/or (c) other egregious behavior by the individual.

The DC may suspend indefinitely any individual pending review by the DC. While the DC will not unreasonably delay a review, scheduling delays may result in the individual banned at any

NNLL event until review. All recommendations for disciplinary action are brought to the NNLL Board of Directors for approval.

NOTES