

**CARY PARKS, RECREATION  
& CULTURAL RESOURCES**

**2025**

**YOUTH  
BASEBALL**



**COACHES  
HANDBOOK**

## PURPOSE STATEMENT:

Sportsmanship, participation, skill development, and fun for the participants are the objectives of the youth baseball program and no other concepts should transcend the welfare of the boys and girls who participate in the program.

Fun	Creating an environment that provides an enjoyable sports experience. Playing for the love of the game.
Participation	Providing an equitable opportunity for play and promoting fitness and wellness through physical activity.
Skill Development	Improving the participant's skill level through practice and play.
Sportsmanship	Actively expanding the individual's social ability to demonstrate teamwork, respect and fair play.

The Town of Cary is proud of the youth programs being provided by the Cary Parks, Recreation and Cultural Resources Department. The Town appreciates the outstanding contributions of the many adults who serve as coaches, assistant coaches, leaders and instructors in these programs.

Cary Parks, Recreation and Cultural Resources Department has prepared this Handbook to assist our coaches and their assistants. The guidelines and rules set forth herein are intended to provide a system of organization, methods of operation, and rules and regulations necessary for a youth baseball program in the Town of Cary.



## GENERAL INFORMATION

**\*\* Please find the current FAQ's on the [Cary Youth Sports](#) webpage, under the current season, for additional league rules and guidelines. Where in conflict, information in the FAQ's supersedes any rules or guidelines otherwise laid out in this handbook.\*\***

### PLAYER REGISTRATION & TEAM PLACEMENT:

In all leagues participants must be properly registered during the registration period. Players that return to the same league return to the same team. New players in the 11-12, 13-14, and 15-18 baseball leagues attend a team placement session prior to being drafted onto a team. In the instructional leagues (5-6, 7-8, and 9-10 baseball leagues) the new players are assigned to teams by Cary Parks, Recreation and Cultural Resources Department staff. In all leagues youth on the waiting lists are placed onto teams when spaces become available.

### LEAGUE GAMES:

Schedules are prepared by the Cary Parks, Recreation and Cultural Resources Department Sports Staff for each league. Standings are kept in all leagues with participants 11 years old and older. Instructional leagues do not have a post-season tournament and regular season standings are not kept for these leagues.

### DIVERSITY, EQUITY, & INCLUSION:

Cary is committed to fostering diverse, equitable, and inclusive programs. Our goal is for all participants in the program to feel valued and supported. To that end, Cary will not permit harassment of players, coaches, officials, or spectators, including comments based on race, color, religion, gender, national origin, age, or ability.

### SAFETY:

Always remember that the safety of the participants must be the primary concern of everyone involved in the youth sports program. Coaches must assume responsibility for each player's safety by assuring that they are taught the safe and correct techniques of the sport and that all players wear the proper safety equipment for each particular sport during practice as well as games.

#### I. Playing Fields

- a. Inspect fields and remove glass, rocks, debris, etc.
- C. Inspect fences for holes, sharp edges, unsafe metal, etc.
- D. If practices or games have been cancelled due to wet field conditions or dangerous weather, teams are prohibited from using the fields.

#### II. Equipment

- C. Enforce the wearing of all properly fitted protective equipment during all practices and games.
- D. No type of hard cast may be worn during games.
- E. All players must wear athletic type shoes. All participants are encouraged to wear cleated shoes; however, no metal cleats are allowed.
- F. All catchers must wear a face mask, chest protector, and helmet during games and practices. Leg guards are not required in 5-6 Tball and 7-8 Baseball.
- G. Continually inspect and evaluate the condition of equipment during the season. Follow up any complaints from players concerning equipment not working or not fitting properly.

Damaged equipment should be returned to Cary Parks, Recreation and Cultural Resources Department for replacement.

#### UNIFORMS:

Each participant receives a jersey and hat each season that they will keep. Teams should make every effort to wear matching uniforms for games to avoid confusion for teams, umpires, or staff. Participants are responsible for providing their own baseball pants, gloves and shoes.

#### PROTESTED GAME - BASEBALL:

The game must first be properly protested on the field at the time of the incident in question. Please refer to Rule 10-2-3i of the National Federation of State High School Associations (NFHS) baseball rules. Clarification: there are no protests in our instructional leagues (ages 9-10 and under).

#### TIES IN FINAL STANDINGS:

If two (2) or more teams are tied in the final standings, the tie shall be broken first by determining which team won over the other the most times in regular season play. If this results in a tie, a flip of a coin will determine tournament seedings. Standings are not maintained in the age 10 and younger leagues.

#### WARM UP & WALK UP MUSIC:

Warm-up music and walk-up music is not permitted during games in all adult and youth leagues.

#### SPORTSMANSHIP AWARDS:

Sportsmanship awards will be presented in the age 11 and older leagues. One player from each team will receive a sportsmanship award. One coach in each of the leagues will receive a sportsmanship award.

#### DISCIPLINE & EJECTIONS

Unsportsmanlike conduct by coaches, parents, or players will not be tolerated and may result in ejections or suspensions from current and future games (See our Sports Disciplinary Policies and Guidelines at the back of this handbook for additional details).

Note: Any youth participant who is ejected should be confined to their team's bench until a parent is available, or until the end of the game. If a parent is available after the youth participant is ejected, and they would like to leave the gym or field, they may. Any adult ejected from a game must leave the field or gym immediately upon ejection. Any ejection will result in an automatic additional 1 game-suspension for the next game and potentially additional suspensions.

**CARY PARKS, RECREATION & CULTURAL RESOURCES DEPARTMENT**  
**5-6 T-BALL AND 7-8 BASEBALL RULES**

All rules apply to both leagues unless specifically stated otherwise.

**A. League Administration**

1. The Sports staff of the Cary Parks, Recreation and Cultural Resources Department will administer the baseball program.
2. The Athletic Committee shall serve as an advisory board to the league administrators.

**B. Player Eligibility**

1. Legal age of players in the current season will be:
  - a. 5-6 T-BALL: A player must be 5 or 6 years of age on April 30 of the current year.
  - b. 7-8 BASEBALL: A player must be 7 or 8 years of age on April 30 of the current year.
  - c. The Athletic Committee and the Sports Program Coordinator will handle all special requests for participants to play up or down in a younger or older league.
2. A school athlete is eligible to participate without any restrictions.

**C. General Information**

1. Playing Field
  - a. Distance between bases: 50 feet (Hash marks at mid-point between first and second base, second and third base, and third base and home plate.)
  - b. Pitching distance: 38 feet (Distance from home plate to middle of pitcher's circle.)
  - c. Pitcher's circle: 9 feet in diameter.
  - d. There will be a 6 foot arc in front of home plate between the first and third base foul lines.
  - e. A double first base will be used.
2. Equipment
  1. **5-6 T-Ball league** uses the Safe/Soft Level 1 or equivalent safety ball provided by Cary Parks, Recreation and Cultural Resources Department. **7-8 Baseball league** uses a reduced injury factor safety ball provided by Cary Parks, Recreation and Cultural Resources Department.
  2. **5-6 T-Ball**: Town of Cary Issued bats will bear the "USA" Baseball/Tee Ball Sticker. The stickers will not be required on bats brought by participants. **7-8 Baseball**: All bats used must meet the USA Baseball bat standard. All bats must bear the "USA" bat licensing mark. Exception: Solid one piece wood bats with or without the USA baseball certification mark may be used. Please see [usabat.com](http://usabat.com) for a list of approved bats.
  3. Steel cleats may not be worn. All players must wear athletic type shoes or shoes with rubber cleats only.
  4. The batter, players in the on-deck batting area, and baserunners are required to wear batting helmets.

5. Catchers in both leagues are required to wear helmet with face mask. Catchers in the 7-8 league are also required to wear a chest protector.
  6. Players are encouraged to wear conventional baseball pants.
  7. Players should be in matching uniform (hat and shirt) provided by Cary Parks, Recreation and Cultural Resources Sports Staff (Exception: Player names may be put on shirts without approval from the staff).
- If a game is not completed due to inclement weather, darkness, etc., it will not be rescheduled if two or more complete innings have been played.
  - 5-6 T-Ball players will hit off a batting tee. 7-8 Baseball games will be played with a combination of coach's pitching and hitting off a tee.
  - All games will consist of six innings or one hour and fifteen minutes, whichever comes first. The full inning should be completed after the time limit has been reached (both teams will bat in last inning).
  - One or two adult defensive coaches will serve as umpires. One defensive coach/umpire should be positioned in the outfield area between right field and first and second base. If a second coach/umpire is used they should be positioned in the outfield area between left field and second and third base.
  - Score will not be maintained in either league.
  - No forfeits are allowed. Teams may start and/or finish with fewer than nine players. If necessary, teams may share players in order for the game to be completed.
  - Home team is listed first and will occupy 1st base dugout, provide bases, game ball, and tee.
  - The use of tobacco (including vaping), alcohol or illegal drugs in any form by players or adult leaders in the dugout, on the benches, or on the playing field is not permitted.

#### D. **Playing Rules**

1. Defensive team will play with six outfielders. Teams must play with a regulation infield. **Teams may use more than six outfielders if both head coaches agree prior to the game.**
2. Defensive Positioning
  - a. The catcher should stand to the side and back of home plate on the opposite side of the batter.
  - b. The pitcher must stand within the pitcher's circle until the ball is hit.
  - c. The outfielders must be in the outfield area when the ball is hit.
3. Positions
  - a. No player shall play in a position more than two innings per game and must play each position at least two innings per season.
  - b. Defensive players must rotate defensive positions every two innings and cannot play the same position twice in one game. Players must play at least one inning in the outfield per game.

4. The ball is dead once it is thrown to the base whether or not the throw is caught.
5. Catchers in 7-8 Baseball should be encouraged to throw to the adult pitcher rather than the player/pitcher to assist in speeding up the game.
6. The infield fly rule does not apply.
7. There will be no slinging the bat. The following penalties shall be enforced by the coaches:
  - a. First time a player slings the bat they will be warned.
  - b. Second time the same player slings the bat they will be called out.
  - c. The third time the same player slings the bat they will be called out and disqualified from the game.
8. All players present for the game will bat in a continuous batting order. Any player arriving after the game has started must be placed at the end of the batting order.
9. Batting
  - a. 5-6 T-Ball
    1. Offensive coach will place tee in front of the plate, adjust the tee, and set the ball on the tee for each batter.
    2. Players must be instructed to take a full swing and to aim for the ball, not the tee.
    3. No bunting is allowed. If the ball does not go outside of the arc in front of the home plate, it should be treated as a foul ball.
    4. There are no strikeouts in T-Ball.
  - b. 7-8 Baseball
    1. **Offensive coach will pitch a maximum of five overhand pitches to the batter.** Coaches are encouraged to pitch with one knee on the ground.
    2. If a fair ball is not hit in five pitches, a tee will be used. (Refer to T-Ball batting rules above in Rule D.9.a.)
10. Offensive portion of the inning shall consist of eight batters.
11. Runners may not leave the base until the ball has been hit.
12. Sliding is permitted.
13. Any baserunner who deliberately crashes into a defensive player in possession of the ball will automatically be called out.
14. No protests are allowed in 5-6 or 7-8 leagues.

## E. **Rainout procedure**

In case of inclement weather a decision regarding games will be made by the Sports staff. A recording will be made on the Sports Cancellation Line. To access the recording call (919) 319-4500. A recording will be made by 3 p.m. each weekday, 8 a.m. on Saturday, and noon on Sunday. Information will also be available on the Sports Program Status page at <http://games.townofcarync.gov/index.htm>

If a decision is needed after these times, teams should report to the field and a decision will be made by a Sports staff representative or the coaches. When possible during inclement weather recordings will be updated throughout the day/evening.





**CARY PARKS, RECREATION & CULTURAL RESOURCES DEPARTMENT**  
**9-10 BASEBALL LEAGUE RULES**

**A. LEAGUE ADMINISTRATION**

1. The Sports staff of the Cary Parks, Recreation and Cultural Resources Department will administer the baseball program.
2. The Athletic Committee shall serve as an advisory board to the League Administrator.

**B. PLAYER ELIGIBILITY**

1. Legal age of players in the current season will be:
  - a. 9-10 BASEBALL: A player must be 9 or 10 years of age on April 30 of the current year.
  - b. The Athletic Committee and the Sports Program Coordinator will handle all special requests for participants to play up or down in a younger or older league.
2. A school athlete is eligible to participate without any restrictions.

**C. SAFETY**

The safety of the participants is the primary concern of the Parks, Recreation and Cultural Resources Department. All individuals must abide by all safety rules.

1. All players must wear athletic type shoes or shoes with rubber cleats.
2. Metal cleats are not allowed. If a player is caught using metal cleats during a game, they will be asked to change shoes. If they are not able to change shoes or they refuse to change shoes, they shall be ejected from the game with an out charged for their spot in the batting order.
3. Catchers are required to wear a cup type athletic supporter (males only), mask with throat protector, chest protector, leg guards and full catcher's helmet. Any player serving as a catcher to warm up a pitcher shall wear a mask, whether the pitcher is warming up from the mound or elsewhere.
4. It is recommended that managers make every effort to encourage the wearing of athletic supporters by all players.
5. The batters, players in the on-deck batting area, and base runners are required to wear batting helmets. ***If a player intentionally removes their helmet while batting, coaching, running bases, or while on deck, they will be warned by the umpire. If the same player removes their helmet again in the same game, they will be called out.***
6. On-deck players may use home or visitor on-deck area.
7. All players and spectators are prohibited from sitting on the fence.
8. Bat boys and bat girls are not allowed.
9. COLLISION RULE: A base runner must attempt to avoid a collision if the defensive player has possession of the ball. If the base runner does not attempt to avoid a collision and makes aggressive contact with the defensive player, they are automatically called out and will be ejected from the game if deemed flagrant. (**This is not a “must slide” rule**). If a defender is blocking the path of a runner, **without the ball**, this is called “obstruction” and the runner should be awarded the base. The umpires have discretion on the timing and call of this play. See NFHS Rule 8-1 for more information.

10. **FAKE TAG:** When a runner is obstructed while advancing or returning to a base by a fielder who neither has the ball nor is attempting to field a ball, or a fielder without the ball fakes a tag, the umpire shall award the obstructed runner and every other runner affected the bases they would have reached in their judgment had there been no obstruction.

**D. Playing Fields**

1. Distance between bases: 60 feet
2. Pitching distance: 46 feet

**E. Equipment**

1. The team's equipment should be continually checked by coaches to make certain that it is in good condition. Any equipment in poor condition should be replaced immediately.
  2. All bats used must meet the USA bat standard. All bats must bear the USA bat licensing mark. Exception: Solid one piece wood bats with or without the USA Baseball certification mark may be used. Please see [usabat.com](http://usabat.com) for a list of approved bats.
- If a batter enters the batter's box with an illegal bat or is discovered having used an illegal bat, the batter is out and all runners return to the base occupied at the start of the at-bat. The illegal bat must be discovered before the first pitch to the next batter. If the infraction is discovered following the turn at-bat, but before the first pitch to the next batter, the manager of the defense may advise the plate umpire of a decision to decline the penalty and accept the play. Such election shall be made immediately at the end of the play.
  - For the first violation by a team in a game, the batter's team will be given a warning. For the second violation by a team in a game, the manager of that team will be ejected. For any subsequent violation by a team in a game, the acting manager of that team will be ejected.
  - Any manager ejected from a game for violation of this rule is subject to possible suspension. The suspension will be automatic, and a minimum of one game, if the manager is ejected a second time in a season.

**F. Uniforms:**

1. Players and teams should make every effort to wear matching uniforms, with the uniforms provided, to avoid confusion for teams, umpires, or staff.
2. Uniforms are provided by the department, and should not be altered without prior approval of the Sports Staff.

**G. Jewelry:**

Per NFHS Rules-“Jewelry was originally defined as any item on the body of the player that was not a natural part of the person. That also included medical-alert bracelets and some religious, cultural or tribal adornments. The elimination of the jewelry rule will permit players to wear these items freely. Additionally, with that freedom to wear jewelry, please note that any jewelry that contains profanity, taunting, language to intimidate or baiting an opponent would not be allowed under our sportsmanship rule, bench and field conduct policies. Besides those examples, there is existing rule coverage that gives guidance on any player equipment that presents a danger to the player.”

## H. **Playing Rules:**

1. The official playing rules, with the exceptions and variations contained in the local rules, shall be NFHS rules.
2. No more than three players shall "huddle" on the playing field at any time during the game. Umpires should discourage such gatherings when they tend to delay the game.
3. **Batting Rules.** The batting lineup will consist of all players at the game, i.e., a continuous batting order. Late arrivals should be added to the bottom of the batting order.
4. Players must play both offense and defense.
5. **NUMBER OF PLAYERS:** For 9-10 Baseball, teams may play 10 players on defense. If the team plays 10 on defense there must be 4 outfielders. This rule is in effect for the entire game.
6. If a player begins a game but cannot complete the game (usually due to injury, illness, or schedule conflict), their removal from the game must be reported to the scorekeeper by the coach. If the player is ejected, or their departure is not reported to the scorekeeper, their spot in the batting order is skipped and an out is charged. If their departure is for any other reason and the coach reports their departure to the scorekeeper their spot in the batting order is skipped without penalty. An injured or ill player may re-enter the game as long as they have not yet missed an at-bat and can play both offense and defense.
7. If a batter is unable to complete their turn at bat due to injury/illness, the player who made the last out will assume the previous batter's count and play will continue. (Ex. Batter fouls the ball off their own leg and is unable to continue)
8. **Mandatory Playing Time:**
  - a. All eligible players at the game shall bat in a continuous batting order for the entire game. Late arrivals will be placed at the bottom of the batting order.
  - b. All eligible players must play at least one inning in the field by the end of the second inning; all eligible players must play at least two innings in the field by the end of the fourth inning; all eligible players must play at least three innings in the field by the sixth inning.
  - c. Players arriving late (after the game begins) will be required to play defense as follows:

<u>Arrival</u>	<u>Playing Time</u>
1st inning	1 inning on defense by end of the 4th inning
	2 innings on defense by end of the 6th inning
2nd inning	1 inning on defense by end of the 4th inning
	2 inning on defense by end of the 6th inning
3rd inning	1 inning on defense by end of the 6th inning
4th inning	1 inning on defense by end of the 6th inning
5th - 6th inning	no minimum requirement

- The Mandatory Playing Time rule may only be waived for disciplinary reasons or injury. **All disciplinary action must approved by the department and reported to the Sports staff prior to the game in question.** (Exceptions: use of profanity, etc., during game.)
  - An inning played follows the standard baseball definition (to count as an inning, the player must play all three outs in the inning) and an eligible player is any roster player that is not exempt from participation requirements (i.e., injury, sickness, discipline, etc.) as reported to the official scorekeeper.
  - Coaches must work with scorekeepers to track all substitutions.
9. **COURTESY RUNNER:** Optional courtesy runner for the catcher or pitcher with two outs. The player who made the last out will run for the catcher or pitcher. If the last out is the pitcher or catcher of record (previous inning), the runner will be the out prior. A courtesy runner may also be used for the pitcher or catcher in the first four innings when the offensive team has scored three runs. The intent of the rule is to expedite play, not create runner advantage.
  10. Free substitution for all defensive positions, except no player may re-enter at the pitcher position.
  11. **STEALING:** Base runners are allowed to steal but they cannot leave the base until the pitched ball crosses the plate. Leading off is not allowed. The first violation will result in a warning to the player and their team. All other players from that team to leave the base early will be called out. All violations will result in an immediate dead ball.  
**Exception:** Stealing is not permitted while a player is receiving soft tosses (See Rule J.7.)
  12. **(NEW) OVERTHROW RULE:** The lead runner may not advance past 3<sup>rd</sup> base on an overthrow, or series of overthrows. Any runners advancing after an overthrow does so at their own risk.  
**Exceptions:**
    - a. If the lead runner is already past 3<sup>rd</sup> base before the first overthrow, then they may advance home at their own risk.
    - b. If the first overthrow is made at 3<sup>rd</sup> base the runner may advance home at their own risk. Subsequent runners in this scenario may not advance past 3<sup>rd</sup>.

### **SCENARIOS**

- Runner on 1<sup>st</sup>. The batter hits the ball. The first throw is an overthrow at 1<sup>st</sup>. The runner who started on 1<sup>st</sup> base may attempt to advance to 3<sup>rd</sup> at their own risk, but may not go past 3<sup>rd</sup> base even if there are more overthrows.
- Runner on 2<sup>nd</sup>. The batter hits the ball. There is a slow play on the ball and runner who was on 2<sup>nd</sup> base is already past 3<sup>rd</sup> when there is an overthrow made at 1<sup>st</sup> base. The runner who already passed 3<sup>rd</sup> base before the throw, may continue to advance home at their own risk.
- Runner on 2<sup>nd</sup>. The batter hits the ball. The runner on 2<sup>nd</sup> decides to run for 3<sup>rd</sup> base (even though it's not a force out). The first throw is an overthrow to 3<sup>rd</sup> base as the runner from 2<sup>nd</sup> gets to 3<sup>rd</sup> base. The runner on 3<sup>rd</sup> may now try to advance home at their own risk because the first overthrow was at 3<sup>rd</sup> base. The batter in this scenario can also continue to advance at their own risk, but may not advance any further than 3<sup>rd</sup> base.

13. STEALING HOME (Update 2025): Runners may **not** steal home, or advance home on a passed ball/wild pitch or overthrow of the return throw from the catcher to the pitcher.

Exceptions:

- RUNNER ON 2nd: If a runner on 2nd base attempts to steal 3rd base, and the catcher attempts to throw them out at 3rd, but it's an overthrow, the runner may then attempt to steal home at their own risk. Any additional runners behind the lead runner may also steal bases but must stop at 3<sup>rd</sup> base.
- RUNNER ON 3RD: If a runner on 3rd leaves the base after the ball crosses the plate, they may not steal home unless the catcher attempts to make a play on that runner (or any) runner. If the catcher decides to throw the ball back to the pitcher, the runner on 3rd must return to 3rd base.

14. NO DROPPED 3<sup>rd</sup> STRIKE RULE: On the third strike the batter will be called out whether the ball is caught or dropped by the catcher.

15. NO INFLIED FLY: There is no infield fly rule.

16. SLINGING BATS: Slinging the bat will not be allowed. The following penalties shall be enforced by the umpires:

- First time a player slings the bat – the player and their team will be warned. The warning shall be administered to the player and the head coach at the conclusion of the play (delayed dead ball). All base runners and batter-runners will remain at the base reached as a result of the play, and the run(s) that was/were scored will count.
- All subsequent violations by any player on the same team in the same game will result in the player being called out. An immediate dead ball will be called. The base runners must return to the base occupied at the time of the pitch; no base runners may advance and no runs can score.
- Second time the same player slings the bat in the same game – same as above. In addition, the player may not bat for the remainder of the game. The player's position in the batting order will be skipped and an out will not be charged. The player will continue to play defense in accordance with league participation rules.
- **NOTE**: A player will be ejected for intentionally or flagrantly slinging or throwing a bat. This is a judgement decision by the umpires (see Athletic Program Discipline Policy).

17. Umpires shall not permit more than one offensive time out in each inning to allow a manager or coach to talk with a batter or baserunners.

18. When the defensive team wants to walk a batter, the pitcher must pitch to the batter.

19. Only four adults are allowed in the dugouts. This includes three coaches and a scorekeeper. Bat boys, bat girls and other non-team individuals are not allowed in the dugout.

20. The use of tobacco (including vaping), alcohol, or illegal drugs in any form by players or adult leaders in the dugout, on the benches, or on the playing field is not permitted.

21. Cell phones, pagers or any other type of communication devices cannot be used on the field of play.

## I. **Pitching Rules**

1. Any team member may pitch, subject to the restrictions of the pitching rules.

2. BALKS: Balks will not be called unless a pitcher begins their delivery towards the plate and does not pitch the ball in the same motion.

a. Warning: Players will be given a warning on the first balk.

3. The coach must remove the pitcher when said pitcher reaches the limit for their league as noted below, but the pitcher may remain in the game at another position:

## 9-10 Baseball - 75 pitches per day

**Exception:** If a pitcher reaches the limit imposed for their league 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.

(a) Pitchers in 9-10 Baseball must adhere to the following rest requirements:

1. If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
2. If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
3. If a player pitches 36-50 pitches in a day, two (2) calendar days of rest must be observed.
4. If a player pitches 21-35 pitches in a day, one (1) calendar days of rest must be observed.
5. If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

(b) The Town-provided official scorekeeper will keep the official pitch count.

(c) The scorekeeper will provide the current pitch count for any pitcher when requested by either head coach or any umpire (as long as the play is not delayed). The head coach shall check with the scorekeeper at the end of each half inning to confirm the pitch count for the half inning just completed. The head coach must be on the field, inside the fenced area when communicating with the scorekeeper, to minimize distractions to the scorekeeper.

**The head coach is responsible for knowing when their pitcher must be removed, and the number of days of rest required for each pitcher.**

(d) The scorekeeper should inform the umpire when a pitcher has delivered their maximum limit of pitches for the game. The umpire should inform the pitcher's head coach that the pitcher must be removed. However, the failure by the scorekeeper to notify the umpire, and/or the failure of the umpire to notify the head coach, does not relieve the head coach of their responsibility to remove a pitcher when that pitcher is no longer eligible.

(e) A player may not pitch in more than one game in a day.

### 4. BATTER PROTECTION RULE:

If a pitcher hits 5 batters in a game, that pitcher will be pulled from the pitching position.

**NOTE:** This is a safety rule. A bad pitch that hits a player because the ball rolls and hits the batter, should not be counted against the pitcher in this regard.

### **PITCHING NOTES:**

The use of an ineligible pitcher may result in forfeiture of the game. Multiple violations of the pitch count rules may result in disciplinary action against the coach. 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. Umpires, scorekeepers, and coaches of both teams should take precautions to prevent violations.

There are NO suspended or continued games in 9-10 Baseball. Rained out games will either be rescheduled as a new game or considered a complete game. Pitches delivered in these games will count against the pitcher's eligibility.

Once a pitcher is removed from the Pitcher Position, they may not re-enter as a pitcher within the same game.

If a relief pitcher comes in “cold” the umpire shall allow the pitcher to warm up properly with at least ten full warm-up pitches.

A. “dead ball” will not necessarily be called by the umpire between pitches or at the end of a play. When the pitcher returns to the mound with the ball, the base runners must return to the base unless the base runner has started their attempt to reach the next base.

PENALTY: If the base runner does not return to the base as described, the umpire shall call time out and deliver a warning to the offending player and their team. All subsequent violations by any player on the same team in the same game shall result in the base runner being called out.

#### J. **No-Walk League:**

The 9-10 Baseball league is an instructional player-pitch league. This league is a “No-Walk” league. The “No-Walk” rules are utilized to better develop the skills necessary for success in baseball than is often possible in leagues in which players are still learning how to pitch. Examples of these skills include base running, fielding, making proper decisions on offense and defense, and situational awareness.

- a. There are no walks during the entire game.
- b. In all innings pitchers will pitch as normal to batters.
- c. If a pitcher strikes out the batter, the batter will be out.
- d. If the pitcher walks the batter, the batter is NOT awarded the base. The coach for the batter will soft toss 3 times to the batter, from near home plate, and outside the foul line.  
Clarification: On any 4<sup>th</sup> ball thrown by the player pitcher the ball is still live and runners can still steal bases, until time is called. Coaches should wait to soft toss until time has been called to avoid obstruction of the catcher.
- e. If the batter fails to hit the ball in play after 3 soft toss attempts, the batter will be called out.
- f. Note: A foul ball on the 3rd (or last) soft-toss will result in an additional soft-toss.
- g. Stealing is not permitted while a player is receiving soft tosses.
- h. Bunting is not permitted during soft tosses.

#### K. **Length of Game:**

1. 9-10 Baseball games will be 6 inning games with no new inning beginning after one hour and 40 minutes.
2. The scorekeeper will keep the official time. Clock starts on first pitch. Where possible, time will be displayed on the scoreboard.
  - a. Games will be played with a running clock, Clock will stop only on injury, lengthy time-outs, or other unusual delays (clock stoppage will be at the discretion of the scorekeeper and the umpires).

3. Warmup on the field is allowed prior to *each* game. The visiting team will start warmup fifteen minutes prior to game time for five minutes. The home team will then warm up for five minutes and will remain on the field during the pre-game conference between coaches and umpires. Scorekeepers should monitor/enforce the time used by each team. (The teams lose their warm up opportunity if they do not take the field immediately when the field becomes available).
4. If a preceding game ends early, the next scheduled game can only begin ahead of the scheduled start time if both team managers and umpires are in agreement. If mutual agreement has not been reached, game time will revert to the originally scheduled game time.
5. If a preceding game goes long, the teams for the next game should always get a 5-minute on-field warmup prior to the start of a game unless all parties agree to a shorter warmup time.
6. **MAX RUNS PER INNING:** There is a maximum of four runs scored per inning for the entire game. The inability to catch up because of the four-run limit will not be a reason to stop the game unless the Mercy Rule (Rule K.7.) applies.

#### **SCENARIOS**

- a. If time expires in the top half of the inning and the home team is trailing (and cannot come back due to the 4-run limit), the top half of the inning will still be completed, and the home team will still bat in the bottom half of the inning.
  - b. If time expires in the bottom half of the inning and the home team is trailing (and cannot come back due to the 4-run limit), the bottom half of the inning will still be completed.
  - c. If time expires in the top half of the inning and the away team is trailing (and cannot come back due to the 4-run limit), the top half of the inning will still be completed and the bottom half of the inning will not be played.
  - d. If time expires in the bottom half of the inning and the home team is winning, the game ends at that point.
7. **MERCY RULE (Update):** The game will be considered a completed regulation game (regardless of time) if:
    - (a) The Home Team is ahead by:  
10 runs at the end of 4 1/2 or 5 innings or later
    - (b) The AWAY team is ahead by:  
10 runs at the end of 5 innings or later
    - (c) NOTE: The HOME team, if trailing at the start of the bottom of any inning will always have a chance at bat.

#### **SCENARIOS**

- a. Example 1: The bottom of the 4th inning just concluded (four innings have been played and there is still time on the clock), and the away team is down 12. The away team will then bat the top of the fifth inning. If the away team cuts the lead down to less than 10 in the 5th inning, the game will continue.
- b. Example 2: The top of the 5th inning just concluded (four and a half innings have been played) and the away team is down 9. The home team then scores 1 run in the bottom of the 5th inning, and is now ahead by 10 runs. The 10 Run Rule is in effect and the game should be terminated.
- c. Example 3: The top of the 5th inning just concluded (four and a half innings have been played), and the away team trails by 10 or



more. The 10 Run Rule is in effect and game should be terminated.

8. **TIES:** If a game is tied at the end of six innings or after the end of the time limit, it ends in a tie.
9. There are no suspended or continued games in 9-10 baseball. Rained out games will either be rescheduled as a new game or considered a complete game.
10. For 9-10 Baseball, any game not completed due to inclement weather, field issues, etc, prior to the completion of the second full inning, will be rescheduled as a new game at a later date, if possible.
11. If 2 or more regular innings have been completed, the game will not be rescheduled. The score would be recorded as the score after the most recent completed inning.
12. **Forfeits:** A ten (10) minute grace period will be allowed for the first scheduled game of the day only. A team failing to field at least **seven (7)** uniformed players at game time (or after the ten minute grace period in first game only), or at any time during the game, shall forfeit the game. In the case of a team playing with less than 9 players, the eighth or ninth spots in the order will be skipped without penalty. If a team forfeits due to lack of players, they should scrimmage, without the use of an umpire, as long as they do not interrupt the start of the next game.

**L. Protests:**

1. There will be no protests in the 9-10 Baseball league.

**M. Rain-Out Procedures:**

In case of inclement weather a decision regarding games will be made by the Sports staff. A recording will be made on the Sports Cancellation Line. To access the recording call (919) 319-4500. A recording will be made by 3 p.m. each weekday, 8 a.m. on Saturday, and noon on Sunday. Information will also be available on the Athletic Program Status page at <https://games.townofcarync.gov/>

If a decision is needed after these times, teams should report to the field and a decision will be made by a Sports Staff representative or umpires. When possible during inclement weather recordings will be updated throughout the day/evening.



**CARY PARKS, RECREATION & CULTURAL RESOURCES DEPARTMENT**  
**11-12 BASEBALL LEAGUE RULES**

**A. League Administration**

1. The Sports staff of the Cary Parks, Recreation & Cultural Resources Department will administer the baseball program.
2. The Athletic Committee shall serve as an advisory board to the league administrators.

**B. Player Eligibility**

1. Legal age of players in the current season will be:
  - a. **11-12 Baseball:** A player must be 11 or 12 years of age on April 30 of the current year.
  - b. The Athletic Committee and the Sports Program Coordinator will handle all special requests for participants to play up or down in a younger or older league.
2. A school athlete is eligible to participate without any restrictions.

**C. Safety**

The safety of the participants is the primary concern of the Parks, Recreation and Cultural Resources Department. All individuals must abide by all safety rules.

1. All players must wear athletic type shoes or shoes with rubber cleats.
2. Metal cleats are not allowed. If a player is caught using metal cleats during a game, they will be asked to change shoes. If they are not able to change shoes or they refuse to change shoes, they shall be ejected from the game with an out charged for their spot in the batting order.
3. Catchers are required to wear a cup-type athletic supporter (males only), mask with throat protector, chest protector, leg guards and full catcher's helmet. Any player serving as a catcher to warm up a pitcher shall wear a mask, whether the pitcher is warming up from the mound or elsewhere.
4. It is recommended that managers make every effort to encourage the wearing of athletic supporters by all players.
5. The batters, players in the on-deck batting area, and base runners are required to wear batting helmets. ***If a player intentionally removes their helmet while batting, coaching, running bases, or while on deck, they will be warned by the umpire. If the same player removes their helmet again in the same game, they will be called out.***
6. On-deck players may use home or visitor on-deck area.
7. All players and spectators are prohibited from sitting on the fence.
8. Bat boys and bat girls are not allowed.
9. Collision Rule: A base runner must attempt to avoid a collision if the defensive player has possession of the ball. If the base runner does not attempt to avoid a collision and makes aggressive contact with the defensive player, they are automatically called out and will be ejected from the game if deemed flagrant. **(This is not a "must slide" rule).** If a defender is blocking the path of a runner, **without the ball**, this is called "obstruction" and the runner should be awarded the base. The umpires have discretion on the timing and call of this play. See NFHS Rule 8-1 for more information.
10. Fake Tag: When a runner is obstructed while advancing or returning to a base by a fielder who neither has the ball nor is attempting to field a ball, or a fielder without the ball fakes a tag, the umpire shall award the obstructed runner and every other runner affected, the bases they would have reached in their judgment had there been no obstruction.

**D. Playing Fields**

1. Distance between bases: 70 feet

2. Pitching distance: 50 feet

**E. Equipment**

1. The team's equipment should be continually checked by coaches to make certain that it is in good condition. Any equipment in poor condition should be replaced immediately.
2. All bats used must meet the USA bat standard. All bats must bear the USA bat licensing mark. Exception: Solid one piece wood bats with or without the USA Baseball certification mark may be used. Please see [usabat.com](http://usabat.com) for a list of approved bats.
  - a. If a batter enters the batter's box with an illegal bat or is discovered having used an illegal bat, the batter is out and all runners return to the base occupied at the start of the at-bat. The illegal bat must be discovered before the first pitch to the next batter. If the infraction is discovered following the turn at-bat, but before the first pitch to the next batter, the manager of the defense may advise the plate umpire of a decision to decline the penalty and accept the play. Such election shall be made immediately at the end of the play.
  - b. For the first violation by a team in a game, the batter's team will be given a warning. For the second violation by a team in a game, the manager of that team will be ejected. For any subsequent violation by a team in a game, the acting manager of that team will be ejected.
  - c. Any manager ejected from a game for violation of this rule is subject to possible suspension. The suspension will be automatic, and a minimum of one game, if the manager is ejected a second time in a season.

**F. Uniforms:**

1. Players and teams should make every effort to wear matching uniforms, with the uniforms provided, to avoid confusion for teams, umpires, or staff.
2. Uniforms are provided by the department. should not be altered without prior approval of the Sports Staff.

**G. Jewelry:**

Per NFHS Rules: "Jewelry was originally defined as any item on the body of the player that was not a natural part of the person. That also included medical-alert bracelets and some religious, cultural or tribal adornments. The elimination of the jewelry rule will permit players to wear these items freely. Additionally, with that freedom to wear jewelry, please note that any jewelry that contains profanity, taunting, language to intimidate or baiting an opponent would not be allowed under our sportsmanship rule, bench and field conduct policies. Besides those examples, there is existing rule coverage that gives guidance on any player equipment that presents a danger to the player, teammate or opponent".

**H. Playing Rules**

1. The official playing rules, with the exceptions and variations contained in the local rules, shall be NFHS rules.
2. No more than three players shall "huddle" on the playing field at any time during the game. Umpires should discourage such gatherings when they tend to delay the game.
3. Batting Rules. The batting lineup will consist of all players at the game, i.e., a continuous batting order. Late arrivals should be added to the bottom of the batting order.
4. Players must play both offense and defense.

5. If a player begins a game but cannot complete the game (usually due to injury, illness, or schedule conflict), their removal from the game must be reported to the scorekeeper by the coach. If the player is ejected, or their departure is not reported to the scorekeeper, their spot in the batting order is skipped and an out is charged. If their departure is for any other reason and the coach reports their departure to the scorekeeper their spot in the batting order is skipped without penalty. An injured or ill player may re-enter the game as long as they have not yet missed an at-bat and can play both offense and defense.
6. If a batter is unable to complete their turn at bat due to injury/illness, the player who made the last out will assume the previous batter's count and play will continue. (Ex. Batter fouls the ball off their own leg and is unable to continue)

7. **Mandatory Playing Time:**

- All eligible players must play at least one inning in the field by the end of the second inning; all eligible players must play at least two innings in the field by the end of the fourth inning; all eligible players must play at least three innings in the field by the sixth inning.
- Late arrivals will be placed at the bottom of the batting order on offense.
- Players arriving late (after the game begins) will be required to play defense as follows:

<u>Arrival</u>	<u>Playing Time</u>
1st inning	1 inning on defense by end of the 4th inning
	2 innings on defense by end of the 6th inning
2nd inning	1 inning on defense by end of the 4th inning
	2 inning on defense by end of the 6th inning
3rd inning	1 inning on defense by end of the 6th inning
4th inning	1 inning on defense by end of the 6th inning
5th - 6th inning	no minimum requirement

- The Mandatory Playing Time rule may only be waived for disciplinary reasons or injury. **All disciplinary action must be reported to the Sports Staff prior to the game in question.** (Exceptions: use of profanity, etc., during game.)
  - An inning played follows the standard baseball definition (to count as an inning, the player must play all three outs in the inning) and an eligible player is any roster player that is not exempt from participation requirements (i.e., injury, sickness, discipline, etc.) as reported to the official scorer.
  - All substitutions must be reported to the scorekeeper.
8. Optional courtesy runner for the catcher or pitcher with two outs. The player who made the last out will run for the catcher or pitcher. If the last out is the pitcher or catcher of record (the previous inning), the runner will be the out prior. A courtesy runner may also be used for the pitcher or catcher in the first four innings when the offensive team has scored four runs.

9. Free substitution for all defensive positions, except no player may re-enter at the pitcher position. A player must play defense for all 3 outs in an inning to count towards playing time.
10. MAX RUNS PER INNING: During the first four (4) innings each team on offense will receive either three outs or five runs, whichever comes first.
1. There will be no limit on the number of runs scored after the fourth inning.
  2. During the first four innings, the inability to catch up because of the four-run limit will not be a reason to stop the game unless the Mercy Rule (Rule J.9.) apply.

#### **SCENARIOS**

- If time expires in the top half of any of the first four innings, and the home team is trailing (and cannot come back due to the 5-run per inning limit), the top half of that inning will still be completed, and the home team will still bat in the bottom half of that inning.
  - If time expires in the bottom half of any of the first four innings, and the home team is trailing (and cannot come back due to the 5-run limit), the bottom half of that inning will still be completed.
  - If time expires in the top half of any of the first four innings, and the away team is trailing (and cannot come back due to the 5-run limit), the top half of that inning will still be completed and the bottom half of that inning will not be played.
  - If time expires in the bottom half of any of the first 4 innings, and the home team is winning, the game ends at that point.
11. Base runners will be allowed to steal but they cannot leave the base until the pitched ball crosses the plate. Base runners are allowed to steal home. Leading off is not allowed. The first violation will result in a warning to the player and their team. All other players from that team to leave the base early will be called out. All violations will result in an immediate dead ball.
12. No Dropped 3<sup>rd</sup> Strike Rule: On the third strike the batter will be called out whether the ball is caught or dropped by the catcher.
13. No Infield Fly Rule(Spring 2025 Update): The Infield Fly-Rule will not be in effect in 11-12 Baseball.
14. Slinging the bat at the end of the swing will not be allowed. The following penalties shall be enforced by the umpires.
- First time a player slings the bat – the player and their team will be warned. The warning shall be administered to the player and the head coach at the conclusion of the play (delayed dead ball). All base runners and batter-runners will remain at the base reached as a result of the play, and the run(s) that was/were scored will count.
  - All subsequent violations by any player on the same team in the same game will result in the player being called out. An immediate dead ball will be called. The base runners must return to the base occupied at the time of the pitch; no base runners may advance and no runs can score.

- Second time the same player slings the bat in the same game – same as above. In addition, the player may not bat for the remainder of the game. The player's position in the batting order will be skipped and an out will not be charged. The player will continue to play defense in accordance with league participation rules.
15. A player will be ejected for intentionally or flagrantly slinging or throwing a bat. This is a judgement decision by the umpires (see Athletic Program Discipline Policy).
  16. Umpires shall not permit more than one offensive time out in each inning to allow a manager or coach to talk with a batter or baserunners.
  17. When defensive team wants to walk a batter, the pitcher must pitch to the batter.
  18. Only four adults are allowed in the dugouts. This includes three coaches and a scorekeeper. Also, bat boys, bat girls and other nonteam individuals are not allowed in the dugout.
  19. The use of tobacco (including vaping), alcohol, or illegal drugs in any form by players or adult leaders in the dugout, on the benches, or on the playing field is not permitted.
  20. Cell phones, pagers or any other type of communication devices cannot be used on the field of play.

#### **I. Pitching Rules (Regular Season & Tournament)**

1. Any team member may pitch, subject to the restrictions of the pitching rules.
2. Balks will not be called unless a pitcher begins their delivery towards the plate and does not pitch the ball in the same motion.  
Warning: Players will be given a warning on the first balk.
  - a. Once a pitcher is removed from the Pitcher Position, they may not re-enter as a pitcher within the same game.  
Exception: \*NEW\* In a game that is suspended, and rescheduled to continue on a later date, the pitcher may return in the rescheduled continuation game, so long as they have observed the required days rest (See Suspended Games).
4. Team are limited to 3 charged conferences (on defense) per game. A conference is not charged if the pitcher is removed. Penalty: on the fourth charged conference of the game, the pitcher at that point must be removed and may not return to pitch. One additional conference is permitted without penalty for each extra inning (only applies during tournament).
5. The coach must remove the pitcher when said pitcher reaches the limit for their league as noted below, but the pitcher may remain in the game at another position:

## 11-12 Baseball - 85 pitches per day

**Exception:** If a pitcher reaches the limit imposed for their league 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.

(a) Pitchers in 11-12 Baseball must adhere to the following rest requirements:

1. If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
2. If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
3. If a player pitches 36-50 pitches in a day, two (2) calendar days of rest must be observed.
4. If a player pitches 21-35 pitches in a day, one (1) calendar days of rest must be observed.
5. If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

(b) The Town-provided official scorekeeper will keep the official pitch count.

(c) The scorekeeper will provide the current pitch count for any pitcher when requested by either head coach or any umpire (as long as the play is not delayed). The head coach shall check with the scorekeeper at the end of each half inning to confirm the pitch count for the half inning just completed. The head coach must be on the field, inside the fenced area when communicating with the scorekeeper, to minimize distractions to the scorekeeper. **The head coach is responsible for knowing when their pitcher must be removed, and the number of days of rest required for each pitcher.**

(d) The scorekeeper should inform the umpire when a pitcher has delivered their maximum limit of pitches for the game. The umpire should inform the pitcher's head coach that the pitcher must be removed. However, the failure by the scorekeeper to notify the umpire, and/or the failure of the umpire to notify the head coach, does not relieve the head coach of their responsibility to remove a pitcher when that pitcher is no longer eligible.

(e) A player may not pitch in more than one game in a day.

### PITCHING NOTES:

- The use of an ineligible pitcher may result in forfeiture of the game. Multiple violations of the pitch count rules may result in disciplinary action against the coach. 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. Umpires, scorekeepers, and coaches of both teams should take precautions to prevent violations.
- Pitches delivered in games declared "Regulation Tie Games" or "Suspended Games" shall be charged against pitcher's eligibility.
- If a relief pitcher comes in "cold" the umpire shall allow the pitcher to warm up properly with at least ten full warm-up pitches.



- A “dead ball” will not necessarily be called by the umpire(s) between pitches or at the end of a play. When the pitcher returns to the mound with the ball, the base runners must return to the base unless the base runner has started their attempt to reach the next base.  
PENALTY: If the base runner does not return to the base as described, the umpire shall call time out and deliver a warning to the offending player and his team. All subsequent violations by any player on the same team in the same game shall result in the base runner being called out.

## J. Length of Games

1. 11-12 league games will be 7 innings with no new inning beginning after one hour and forty-five minutes.
  - If the inning has started and the home team is behind, or if the game is tied when the time limit is reached, the home team will bat in the bottom of the inning.
  - If the home team is leading and the visiting team has completed their turn at bat after the time limit has been reached, the home team will not bat in the bottom of the inning.
  - If the home team is batting and leading when the time limit is reached the game will end when the time limit is reached.
  - Note: A new inning has started when the final out has been made in the previous inning.
2. The scorekeeper will keep the official time. Clock starts on first pitch. Where possible, time will be displayed on the scoreboard.
  - a. Games will be played with a running clock. The clock will stop only on injury, lengthy time-outs, or other unusual delays (clock stoppage will be at the discretion of the scorekeeper and the umpires)
3. TIES (Updated Spring 2025): In the regular season only, if the score is tied after the completion of the game, the game will end in a tie.  
Tournament Clarification: During post season tournaments (Spring only), in case of a tie, teams will play extra inning(s) until a winner is decided. In extra innings teams will utilize the addition of a base runner starting on 2nd base. At the start of each half inning, the offense will place their last out as the runner on 2nd base. Courtesy runners may be used as normal (see Courtesy Runner - Rule H.8.).
4. Forfeits: A ten (10) minute grace period will be allowed for the first scheduled game of the day only. A team failing to field at least **seven (7)** uniformed players at game time (or after the ten minute grace period in first game only), or at any time during the game, shall forfeit the game. In the case of a team playing with less than 9 players, the eighth or ninth spots in the order will be skipped without penalty.  
NOTE: Any time used during the grace period will count towards the game time.
5. Warm-up on the field is allowed prior to *each* game. The visiting team will start warm-up fifteen minutes prior to game time for five minutes. The home team will then warm up for five minutes and will remain on the field during the pre-game conference between coaches and umpires. Scorekeepers should monitor/enforce the time used by each team. (The teams lose their warm up opportunity if they do not take the field immediately when the field becomes available).

6. If a preceding game ends early, the next scheduled game can only begin ahead of the scheduled start time if both team managers and umpires are in agreement. If mutual agreement has not been reached, game time will revert to the originally scheduled game time.
7. If a preceding game goes long, the teams for the next game should always get a 5-minute on-field warmup prior to the start of a game unless all parties agree to a shorter warmup time.
8. Complete Game: During the regular season only, If a game is called for any reason, even if time is still left on the clock, it shall be a complete game if five innings have been completed, or if the home team has scored more runs in four innings or four and a fraction innings, than the visiting team has scored in five completed innings.  
**Tournament:** Any game not completed to full time limit, or to the determined amount of innings, will be suspended and resumed from the point of curtailment at a later date if possible. This eliminates the idea of the “revert-back” rules after four and a half or five completed inning.
9. MERCY RULE (Update Fall 2025): The game will be considered a completed regulation game (regardless of time) if:
  - (a) The Home Team is ahead by:
    - 15 runs at the end of 2 1/2 or 3 innings or later
    - 10 runs at the end of 4 1/2 or 5 innings or later
  - (b) The AWAY team is ahead by:
    - 15 runs at the end of 3 innings or later
    - 10 runs at the end of 5 innings or later
  - (c) NOTE: The HOME team, if trailing at the start of the bottom of any inning will always have a chance at bat.

### SCENARIOS (10-run)

- a. Example 1: The bottom of the 4th inning just concluded (four innings have been played and there is still time on the clock), and the away team is down 12. The away team will then bat the top of the fifth inning. If the away team cuts the lead down to less than 10 in the 5th inning, the game will continue.
  - b. Example 2: The top of the 5th inning just concluded (four and a half innings have been played) and the away team is down 9. The home team then scores 1 run in the bottom of the 5th inning, and is now ahead by 10 runs. The 10 Run Rule is in effect and the game should be terminated.
  - c. Example 3: The top of the 5th inning just concluded (four and a half innings have been played), and the away team trails by 10 or more. The 10 Run Rule is in effect and game should be terminated.
10. If a game is called for any reason before it is a complete game, as described in Rule J.8 it shall be considered a suspended game and shall be resumed from the point of curtailment at a later date, if possible. Exception: Games forfeited by the umpire(s).
  11. If a game is called for any reason in an uncompleted inning, after having reached complete game length as described in Rule J.8, and the visiting team ties the score or takes the lead in the uncompleted inning, and the home team does not tie the score or retake the lead in its portion of the uncompleted inning, the game shall be considered a suspended game and shall be continued from the point of curtailment at the time scheduled by league officials.

## **SUSPENDED GAMES:**

12. When a suspended game is resumed, teams will use the same batting order that was being used when the game was originally started. An out will not be charged for the batting positions for players not present when the game is resumed. Players present when the game is resumed that were not originally present will be added to the bottom of the batting order.
13. Pitcher Returns \*(Update Spring 2025)\*: Any pitcher is eligible to pitch in a continuation game rescheduled to another day, even if they were removed as a pitcher during the original game, given they have observed the required days rest.
14. 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 13-14 Baseball pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on the following Thursday. The pitcher is not eligible to pitch in the resumption of the game because they have not observed the required days of rest.  
**Example 2:** A 13-14 Baseball pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on Saturday. The pitcher is eligible to pitch up to 95 more pitches in the resumption of the game because they have observed the required days of rest.  
**Example 3:** A 13-14 Baseball pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes two weeks later. The pitcher is eligible to pitch up to 95 more pitches in the resumption of the game, provided have observed the required days rest.

## **K. Tournament (Spring Only)**

1. Tournament seeding is based on regular season standings.
2. Ties in seeding are broken by head-to-head matchups and then coin flip.
3. The higher, overall seed (from the regular season) will be the home team during the tournament, and will occupy the first base dugout.
4. (NEW) All Tournament games, except the tournament final, will be 5 innings, with no time limit.
5. The tournament final will play 7 innings, with no time limit.
6. There are no ties in the tournament. Any games tied after regulation will play extra inning(s) until a winner is decided. In extra innings teams will utilize the addition of a base runner starting on 2nd base. At the start of each half inning, the offense will place their last out as the runner on 2nd base. Courtesy runners may be used as normal (see Courtesy Runner - Rule 5.d).
7. Pitch Count & 'Days-Rest' Limitations apply the same as regular season, and carry over from the regular season play (i.e. pitchers may be limited in the first tournament game based on how much they pitch in their last regular season game)
8. All other rules, including run rules, mercy rules, and any other pitching limitations, are in effect for all tournament games, including the final.

## **L. Protests**

1. The only legal protest is one which involves an interpretation of playing rules or the use of an ineligible player. A protest based on umpire's judgment is not permitted.
2. When protests are based on an interpretation of a rule, the objecting manager shall, at the time the play occurs, notify the head umpire. The umpire should announce that the game is being played under protest and notify the opposing manager and official scorer that the game is being played under protest. The protesting coach must submit the protest in writing to the Sports Staff by 5 p.m. of the next business day after the completion of the game.
3. Tournament Play: If necessary, and if possible, during tournament play protests will be handled by the sports staff and/or league officials or commissioners before play is resumed at the point of the protest. All protest decisions are final.

## **M. Rain-out Procedure**

In case of inclement weather a decision regarding games will be made by the Sports staff. A recording will be made on the Sports Cancellation Line. To access the recording call (919) 319-4500. A recording will be made by 3 p.m. each weekday, 8 a.m. on Saturday, and noon on Sunday. Information will also be available on the Athletic Program Status page at <https://games.townofcarync.gov/>

If a decision is needed after these times, teams should report to the field and a decision will be made by a Sports Staff representative or umpires. When possible during inclement weather recordings will be updated throughout the day/evening.



**CARY PARKS, RECREATION & CULTURAL RESOURCES DEPARTMENT**  
**13-14 and 15-18 Baseball League Rules**

**A. League Administration**

1. The Sports staff of the Cary Parks, Recreation & Cultural Resources Department will administer the Baseball program.
2. The Athletic Committee shall serve as an advisory board to the league administrators.

**B. Player Eligibility**

1. Legal age of players in the current season will be:
  - a. **13-14 Baseball:** A player must be 13 or 14 years of age on April 30 of the current year.
  - b. **15-18 Baseball:** A player must be 15 or 18 years of age on April 30 of the current year.
  - c. The Athletic Committee and the Sports Program Coordinator will handle all special requests for participants to play up or down in a younger or older league.
2. A school athlete is eligible to participate without any restrictions.

**C. Safety**

The safety of the participants is the primary concern of the Parks, Recreation and Cultural Resources Department. All individuals must abide by all safety rules.

1. All players must wear athletic type shoes or shoes with rubber cleats.
2. Metal cleats are not allowed. If a player is caught using metal cleats during a game, they will be asked to change shoes. If they are not able to change shoes or they refuse to change shoes, they shall be removed from the game with an out charged for their spot in the batting order.  
**15-18 Baseball only: If a player is caught wearing metal spikes during the game, they will be disqualified for the remainder of the game. An out will be charged in the disqualified player's spot in the batting order for the remainder of the game. The player will be allowed to participate in the next scheduled game.**
3. Catchers are required to wear a cup-type athletic supporter (males only), mask with throat protector, chest protector, leg guards and catcher's helmet or catcher's skull. Any player serving as a catcher to warm up a pitcher shall wear a mask, whether the pitcher is warming up from the mound or elsewhere.
4. It is recommended that managers make every effort to encourage the wearing of athletic supporters by all players.
5. The batters, players in the on-deck batting area, baserunners and players coaching in the coaching boxes are required to wear batting helmets. ***If a player intentionally removes their helmet while batting, coaching, running bases, or while on deck, they will be warned by the umpire. If the same player removes their helmet again in the same game, they will be called out.***
6. On-deck players may use the home or visitor on-deck area.
7. All players and spectators are prohibited from sitting on the fence.
8. Bat boys and bat girls are not allowed.
9. Collision Rule: A baserunner must attempt to avoid a collision if the defensive player has possession of the ball. If the baserunner does not attempt to avoid a collision and makes aggressive contact with the defensive player, they are automatically called out and will be ejected from the game if deemed flagrant. (This is not a "must slide" rule). If a defender is blocking the path of a runner, **without the ball**, this is called "obstruction" and the runner should be awarded the base. The umpires have discretion on the timing and call of this play. See NFHS Rule 8-1 for more information.

10. Fake Tag: When a runner is obstructed while advancing or returning to a base by a fielder who neither has the ball nor is attempting to field a ball, or a fielder without the ball fakes a tag, the umpire shall award the obstructed runner and every other runner affected, the bases they would have reached in their judgment had there been no obstruction.

**D. Playing Fields**

1. Distance between bases:  
13-14 Baseball - 80 feet  
15-18 Baseball - 90 feet
2. Pitching distance:  
13-14 Baseball - 54 feet  
15-18 Baseball - 60 feet, 6 inches

**E. Equipment**

The team's equipment should be continually checked by coaches to make certain that it is in good condition. Any equipment in poor condition should be replaced immediately. Regulation balls will be provided by Cary Parks, Recreation and Cultural Resources Department.

Bats:

- a. 13-14 Baseball: Bats 2 5/8" in diameter stamped with BBCOR certification are permitted. Also bats approved for use in the 11-12 Baseball league may be used. Wood bats that do not exceed 2 5/8" in diameter are permitted.
- b. 15-18 Baseball: Only bats 2 5/8" in diameter stamped with BBCOR certification are permitted. Wood bats that do not exceed 2 5/8" in diameter are permitted.
  - a. If a batter enters the batter's box with an illegal bat or is discovered having used an illegal bat, the batter is out and all runners return to the base occupied at the start of the at-bat. The illegal bat must be discovered before the first pitch to the next batter. If the infraction is discovered following the turn at-bat, but before the first pitch to the next batter, the manager of the defense may advise the plate umpire of a decision to decline the penalty and accept the play. Such election shall be made immediately at the end of the play.
  - b. For the first violation by a team in a game, the batter's team will be given a warning. For the second violation by a team in a game, the manager of that team will be ejected. For any subsequent violation by a team in a game, the acting manager of that team will be ejected.
  - c. Any manager ejected from a game for violation of this rule is subject to possible suspension. The suspension will be automatic, and a minimum of one game, if the manager is ejected a second time in a season.

**F. Uniforms:**

1. Players and teams should make every effort to wear matching uniforms, with the uniforms provided, to avoid confusion for teams, umpires, or staff.
2. Uniforms are provided by the department. should not be altered without prior approval of the Sports Staff.

**G. Jewelry:**

Per NFHS Rules-“Jewelry was originally defined as any item on the body of the player that was not a natural part of the person. That also included medical-alert bracelets and some religious, cultural or tribal adornments. The elimination of the jewelry rule will permit players to wear these items freely. Additionally, with that freedom to wear jewelry, please note that any jewelry that contains profanity, taunting, language to intimidate or baiting an opponent would not be allowed under our sportsmanship rule, bench and field conduct policies. Besides those examples, there is existing rule coverage that gives guidance on any player equipment that presents a danger to the player, teammate or opponent”.

**H. Playing Rules**

1. The official playing rules, with the exceptions and variations contained in the local rules, shall be NFHS rules.
  2. No more than three players shall "huddle" on the playing field at any time during the game. Umpires should discourage such gatherings when they tend to delay the game.
  3. Batting Rules. The batting lineup will consist of all players at the game, i.e., a continuous batting order. Late arrivals should be added to the bottom of the batting order.
  4. Players must play both offense and defense.
  5. If a player begins a game but cannot complete the game (usually due to injury, illness, or schedule conflict), their removal from the game must be reported to the scorekeeper by the coach. If the player is ejected, or their departure is not reported to the scorekeeper, their spot in the batting order is skipped and an out is charged. If their departure is for any other reason and the coach reports their departure to the scorekeeper their spot in the batting order is skipped without penalty. An injured or ill player may re-enter the game as long as they have not yet missed an at-bat and can play both offense and defense
- If a batter is unable to complete their turn at bat due to injury/illness, the player who made the last out will assume the previous batter's count and play will continue. (Ex. Batter fouls the ball off their own leg and is unable to continue)

7. Mandatory Playing Time:

- b. All eligible players must play at least one inning in the field by the end of the second inning; all eligible players must play at least two innings in the field by the end of the fourth inning; all eligible players must play at least three innings in the field by the sixth inning.
- c. Late arrivals will be placed at the bottom of the batting order on offense.
- d. Players arriving late (after the game begins) will be required to play defense as follows:

<u>Arrival</u>	<u>Playing Time</u>
1st inning	1 inning on defense by end of the 4th inning
	2 innings on defense by end of the 6th inning
2nd inning	1 inning on defense by end of the 4th inning
	2 inning on defense by end of the 6th inning
3rd inning	1 inning on defense by end of the 6th inning
4th inning	1 inning on defense by end of the 6th inning
5th - 6th inning	no minimum requirement

- e. The Mandatory Playing Time rule may only be waived for disciplinary reasons or injury. **All disciplinary action must be reported to the Sports Staff prior to the game in question.** (Exceptions: use of profanity, etc., during game.)
- f. An inning played follows the standard baseball definition (to count as an inning, the player must play all three outs in the inning) and an eligible player is any roster player that is not exempt from participation requirements (i.e., injury, sickness, discipline, etc.) as reported to the official scorer.
- g. All substitutions must be reported to the scorekeeper.

8. Courtesy Runner:

**13-14 Baseball:** Optional courtesy runner for the catcher or pitcher with two outs. The player who made the last out will run for the catcher or pitcher. If the last out is the pitcher or catcher of record (previous inning), the runner will be the out prior.

**15-18 Baseball:** Optional courtesy runner for the catcher or pitcher at any time. The player who made the last out will run for the catcher or pitcher. In the event that the last out is the pitcher or catcher of record (previous inning), then the runner will be the out prior.

9. Free substitution for all defensive positions, except players may not re-enter at the pitcher position (Exception: See Suspended Games).
10. Slings the bat at the end of the swing will not be allowed. The following penalties shall be enforced by the umpires.
- First time a player slings the bat – the player and their team will be warned. The warning shall be administered to the player and the head coach at the conclusion of the play (delayed dead ball). All base runners and batter-runners will remain at the base reached as a result of the play, and the run(s) that was/were scored will count.
  - All subsequent violations by any player on the same team in the same game will result in the player being called out. An immediate dead ball will be called. The base runners must return to the base occupied at the time of the pitch; no base runners may advance and no runs can score.
  - Second time the same player slings the bat in the same game – same as above. In addition, the player may not bat for the remainder of the game. The player's position in the batting order will be skipped and an out will not be charged. The player will continue to play defense in accordance with league participation rules



11. A player will be ejected for intentionally or flagrantly slinging or throwing a bat. This is a judgement decision by the umpires (see Athletic Program Discipline Policy).
12. Umpires shall not permit more than one offensive time out in each inning to allow a manager or coach to talk with a batter or baserunners.
13. When the defensive team wants to walk a batter the pitcher must pitch to the batter.
14. Only four adults are allowed in the dugouts. This includes three coaches and a scorekeeper. Also, bat boys, bat girls and other nonteam individuals are not allowed in the dugout.
15. The use of tobacco (including vaping), alcohol, or illegal drugs in any form by players or adult leaders in the dugout, on the benches, or on the playing field is not permitted.
16. Cell phones, pagers or any other type of communication devices cannot be used on the field of play.

#### I. **Pitching Rules (Regular Season & Tournament)**

1. Any team member may pitch, subject to the restrictions of the pitching rules.
2. During 1<sup>st</sup> and 3<sup>rd</sup> base running situations, pitchers are allowed to fake throw to 3<sup>rd</sup> base and turn and throw to 1<sup>st</sup> base with no balk being called by umpire.
3. Once a pitcher is removed from the Pitcher Position, they may not re-enter as a pitcher within the same game.  
Suspended Game Returning Pitcher \*(Update Spring 2025)\*: In a game that is suspended, and rescheduled to continue on a later date, pitchers may return in the rescheduled continuation game, so long as they have observed the required days rest (See Suspended Games).
4. Team are limited to 3 charged conferences (on defense) per game. A conference is not charged if the pitcher is removed. Penalty: on the fourth charged conference of the game, the pitcher at that point must be removed and may not return to pitch. One additional conference is permitted without penalty for each extra inning (only applies during tournament).
5. The coach must remove the pitcher when said pitcher reaches the limit for their league as noted below, but the pitcher may remain in the game at another position:

**13-14 Baseball** - 95 pitches per day

**15-18 Baseball** - 95 pitches per day

**Exception:** If a pitcher reaches the limit imposed for their league 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.

**(a)** Pitchers in 13-14 Baseball must adhere to the following rest requirements:

- a. If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- b. If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
- c. If a player pitches 36-50 pitches in a day, two (2) calendar days of rest must be observed.
- d. If a player pitches 21-35 pitches in a day, one (1) calendar days of rest must be observed.
- e. If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

- (b) Pitchers in 15-18 Baseball must adhere to the following rest requirements:
- If a player pitches 76 or more pitches in a day, four (4) calendar days of rest must be observed.
  - If a player pitches 61-75 pitches in a day, three (3) calendar days of rest must be observed.
  - If a player pitches 46-60 pitches in a day, two (2) calendar days of rest must be observed.
  - If a player pitches 31-45 pitches in a day, one (1) calendar days of rest must be observed.
  - If a player pitches 1-30 pitches in a day, no (0) calendar day of rest is required.
- (c) The Town-provided official scorekeeper will keep the official pitch count.
- (d) The scorekeeper will provide the current pitch count for any pitcher when requested by either head coach or any umpire (as long as the play is not delayed). The head coach shall check with the scorekeeper at the end of each half inning to confirm the pitch count for the half inning just completed. The head coach must be on the field, inside the fenced area when communicating with the scorekeeper, to minimize distractions to the scorekeeper. **The head coach is responsible for knowing when their pitcher must be removed, and the number of days of rest required for each pitcher.**
- (e) The scorekeeper should inform the umpire when a pitcher has delivered their maximum limit of pitches for the game. The umpire should inform the pitcher's head coach that the pitcher must be removed. However, the failure by the scorekeeper to notify the umpire, and/or the failure of the umpire to notify the head coach, does not relieve the head coach of their responsibility to remove a pitcher when that pitcher is no longer eligible.
- (f) A player may not pitch in more than one game in a day.

**PITCHING NOTES:**

- The use of an ineligible pitcher may result in forfeiture of the game. Multiple violations of the pitch count rules may result in disciplinary action against the coach. 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. Umpires, scorekeepers, and coaches of both teams should take precautions to prevent violations.
- Pitches delivered in games declared "Regulation Tie Games" or "Suspended Games" shall be charged against pitcher's eligibility.
- If a relief pitcher comes in "cold" the umpire shall allow the pitcher to warm up properly with at least ten full warm-up pitches.

## J. Length of Games (Updated)

1. A regulation game shall consist of seven innings with no new inning beginning after one hour and forty five minutes of play. If an inning has started and the home team is behind, the inning must be completed before the game is called due to the time limit.
  - If the inning has started and the home team is behind, or if the game is tied when the time limit is reached, the home team will bat in the bottom of the inning.
  - If the home team is leading and the visiting team has completed their turn at bat after the time limit has been reached, the home team will not bat in the bottom of the inning.
  - If the home team is batting and leading when the time limit is reached the game will end when the time limit is reached.
  - (Note: A new inning has started as soon as the final out has been made in the previous inning).
2. The scorekeeper will keep the official time. Clock starts on first pitch. Where possible, time will be displayed on the scoreboard.
  - a. Games will be played with a running clock. The clock will stop only on injury, lengthy time-outs, or other unusual delays (clock stoppage will be at the discretion of the scorekeeper and the umpires).
3. **TIES:** (Updated Spring 2025): In the regular season only, if the score is tied after the completion of the game, the game will end in a tie.  
Tournament Clarification: During post season tournaments (Spring only), in case of a tie, teams will play extra inning(s) until a winner is decided. In extra innings teams will utilize the addition of a base runner starting on 2nd base. At the start of each half inning, the offense will place their last out as the runner on 2nd base. Courtesy runners may be used as normal (see Courtesy Runner - Rule H.8).
4. Forfeits: A ten (10) minute grace period will be allowed for the first scheduled game of the day only. A team failing to field at least **seven (7)** uniformed players at game time (or within the ten minute grace period in first game only), or at any time during the game, shall forfeit the game. In the case of a team playing with less than 9 players, the eighth or ninth spots in the order will be skipped without penalty.

NOTE: Any time used during the grace period will count towards the game time.

5. Warm-up on the field is allowed prior to *each* game. The visiting team will start warm-up fifteen minutes prior to game time for five minutes. The home team will then warm up for five minutes and will remain on the field during the pre-game conference between coaches and umpires. Scorekeepers should monitor/enforce the time used by each team. (The teams lose their warm up opportunity if they do not take the field immediately when the field becomes available).
6. If a preceding game ends early, the next scheduled game can only begin ahead of the scheduled start time if both team managers and umpires are in agreement. If mutual agreement has not been reached, game time will revert to the originally scheduled game time.
7. If a preceding game goes long, the teams for the next game should always get a 5-minute on-field warmup prior to the start of a game unless all parties agree to a shorter warmup time.

8. Complete Game: If a game is called for any reason, even if time is still left on the clock, it shall be a complete game if five innings have been completed, or if the home team has scored more runs in four innings or four and a fraction innings, than the visiting team has scored in five completed innings.

**Tournament:** Any game not completed to full time limit, or to the determined amount of innings, will be suspended and resumed from the point of curtailment at a later date if possible. This eliminates the idea of the “revert-back” rules after four and a half or five completed inning.

9. MERCY RULE (Update): The game will be considered a completed regulation game (regardless of time) if:

(a) The Home Team is ahead by:

15 runs at the end of 2 1/2 or 3 innings or later

10 runs at the end of 4 1/2 or 5 innings or later

(b) The AWAY team is ahead by:

15 runs at the end of 3 innings or later

10 runs at the end of 5 innings or later

(c) NOTE: The HOME team, if trailing at the start of the bottom of any inning will always have a chance at bat.

### SCENARIOS (10-run)

- a. Example 1: The bottom of the 4th inning just concluded (four innings have been played and there is still time on the clock), and the away team is down 12. The away team will then bat the top of the fifth inning. If the away team cuts the lead down to less than 10 in the 5th inning, the game will continue.
- b. Example 2: The top of the 5th inning just concluded (four and a half innings have been played) and the away team is down 9. The home team then scores 1 run in the bottom of the 5th inning, and is now ahead by 10 runs. The 10 Run Rule is in effect and the game should be terminated.
- c. Example 3: The top of the 5th inning just concluded (four and a half innings have been played), and the away team trails by 10 or more. The 10 Run Rule is in effect and game should be terminated.

10. If a game is called for any reason before it is a complete game, as described in Rule J.8 it shall be considered a suspended game and shall be resumed from the point of curtailment at a later date, if possible. Exception: Games forfeited by the umpire(s).
11. If a game is called for any reason in an uncompleted inning, after having reached complete game length as described in Rule J.8, and the visiting team ties the score or takes the lead in the uncompleted inning, and the home team does not tie the score or retake the lead in its portion of the uncompleted inning, the game shall be considered a suspended game and shall be continued from the point of curtailment at the time scheduled by league officials.

## **SUSPENDED GAMES:**

12. When a suspended game is resumed, teams will use the same batting order that was being used when the game was originally started. An out will not be charged for the batting positions for players not present when the game is resumed. Players present when the game is resumed that were not originally present will be added to the bottom of the batting order.
13. **\*NEW\*** Any pitcher is eligible to pitch in a continuation game rescheduled to another day, even if they were removed as a pitcher during the original game, given they have observed the required days rest (See "Pitching Notes")
14. 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 13-14 Baseball pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on the following Thursday. The pitcher is not eligible to pitch in the resumption of the game because they have not observed the required days of rest.  
**Example 2:** A 13-14 Baseball pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on Saturday. The pitcher is eligible to pitch up to 95 more pitches in the resumption of the game because they have observed the required days of rest.  
**Example 3:** A 13-14 Baseball pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes two weeks later. The pitcher is eligible to pitch up to 95 more pitches in the resumption of the game, provided they are eligible based on their pitching record during the previous four days

## **K. Tournament (Spring Only)**

1. Tournament seeding is based on regular season standings.
2. Ties in seeding are broken by head-to-head matchups and then coin flip.
3. The higher, overall seed (from the regular season) will be the home team during the tournament, and will occupy the first base dugout.
4. The time limit (1:45) is in effect for all tournament games except the tournament final.
5. The tournament final will play 7 innings, with no time limit.
6. There are no ties in the tournament. Any games tied after regulation will play extra inning(s) until a winner is decided. In extra innings teams will utilize the addition of a base runner starting on 2nd base. At the start of each half inning, the offense will place their last out as the runner on 2nd base. Courtesy runners may be used as normal (see Courtesy Runner - Rule 5.d).
7. Pitch Count & 'Days-Rest' Limitation apply the same as regular season, and carry over from the regular season play (i.e. pitchers may be limited in the first tournament game based on how much they pitch in their last regular season game)

8. All other rules, including run rules, mercy rules, and any other pitching limitations, are in effect for all tournament games, including the final.

#### **L. Protests**

1. The only legal protest is one which involves an interpretation of playing rules or the use of an ineligible player. A protest based on a play which involves an umpire's judgment is not permitted.
2. When protests are based on an interpretation of a rule, the objecting manager shall, at the time the play occurs, notify the head umpire. The umpire should announce that the game is being played under protest and notify the opposing manager and official scorer that the game is being played under protest. The protesting coach must submit the protest in writing to the Sports staff by 5 p.m. of the next business day after the completion of the game.
3. Tournament Play: If necessary, and if possible, during tournament play protests will be handled by the sports staff and/or league officials or commissioners before play is resumed at the point of the protest. All protest decisions are final.

#### **M. Rain-out Procedure**

In case of inclement weather a decision regarding games will be made by the Sports staff. A recording will be made on the Sports Cancellation Line. To access the recording call (919) 319-4500. A recording will be made by 3 p.m. each weekday, 8 a.m. on Saturday, and noon on Sunday. Information will also be available on the Sports Program Status page at <http://games.townofcarync.gov>.

If a decision is needed after these times, teams should report to the field and a decision will be made by a Sports Staff representative or umpires. When possible during inclement weather recordings will be updated throughout the day/evening



## Discipline Guidelines for Coaches

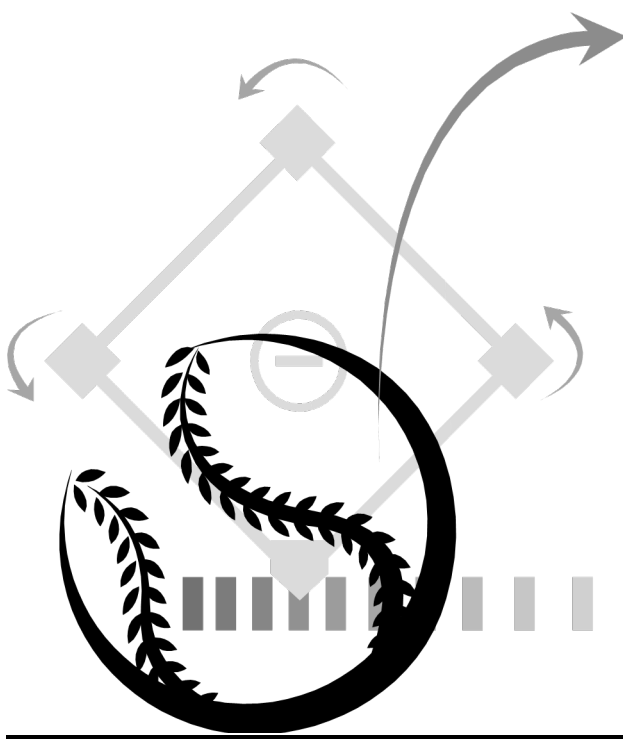
### Mandatory Playing Time Violation

#### Baseball/Softball

**First Violation:** The player(s) in question that did not meet the minimum playing time requirement must play 5 innings on defense in the next scheduled game (and/or forfeiture of violated game).

**Second Violation:** The player(s) in question that did not meet the minimum playing time requirement must play 5 innings on defense in the next scheduled game. Violated game will be declared a forfeit (and/or one game suspension for the head coach).

**Third Violation:** The player(s) in question that did not meet the minimum playing time requirement must play 5 innings on defense in the next scheduled game. Violated game will be declared a forfeit. A one game suspension will be given to the head coach (and/or removal of coach from the program).



## **TEAM ASSIGNMENTS & DRAFT PROCEDURES**

### **I. ALL Leagues**

- A. Teams will be comprised of all players registered for the program.
- B. Returning Coaches will return to their previous team if they return to the same divisions and are in good standing with the department. New Coaches to a division will be assigned to an existing team, or an expansion team if applicable.
- C. Returning players will go back to last year's team.
- D. New players to a division will be assigned as needed to complete rosters.
- E. Expansion teams will be formed depending on available facilities, and registration numbers to accept all players wanting to play.
- F. If a new player enters a league with a sibling returning to that league, the new player will automatically go to the team with the sibling, unless otherwise requested in writing by the parent. The new sibling will be treated as a returning player.
- G. Head coach's children are assigned automatically to that team unless a written request is presented to the Sports office.
- H. Participants that withdraw from a team for verified medical reasons will return to the same team the following season provided they let sports staff know and meet league age requirements.
- I. Players are not able to move/switch teams once rosters are created and players are assigned to teams.

### **II. Leagues for Youth Ages 5 – 10 (Instructional):**

- A. Players will be assigned by the Sports Staff.

### **III. Leagues for Youth Ages 11 - 18:**

Leagues age 11-18 will use skills assessment and drafts to place new players in each age division to teams. Sports staff will facilitate a skills assessment and draft to place new players. Coaches will assess players and draft players to their team.

The Immediate family of head coaches automatically go to that team. These players will be treated as returning players in the draft and may affect draft order.

### **Assistant Coach Protection (ACP)**

- 3. Children (siblings) of one assistant coach (one assistant coach per team) can be protected prior to the draft. The child must be declared and approved by the league manager as protected prior to Player Assessments and will be placed as that team's second round selection. The protected player will also count as a returning player toward determining draft order. If not declared, then he/she is eligible to be drafted. Participants who are already returning to a team cannot be assistant coach protected. Only participants who are



new to a league (and are registered) are eligible to be protected. All head coaches who have players protected by this rule must notify the sports staff prior assessments and the assistant's child does not attend Player Assessments. This rule also applies if the head coach becomes the "assistant" coach and the "assistant" coach becomes the head coach. However, all other coaching requirements must be met, (i.e. NAYS certification, background check, etc.).

4. If a head coach does not have a child (immediate family) in the league in which they are coaching, but their assistant coach has a child(ren) in that league, the assistant coach's child(ren) will automatically be placed, starting in the third round as a returning player on that team, and not the second-round pick. This counts as the "assistant coach protection" and no additional players may be protected in this way. All other assistant coaching requirements must be met in accordance with II.C above.
5. Once a player is protected under the ACP Rule, a team cannot claim another player under this rule until the original player no longer participates in that league/age division. That original player is treated as any other returning player for draft purposes in following seasons.

**Assistant Coach Protection Scenarios**

Rounds	1	2	3	4	5	Scenarios
Team A			X			1 Coach Kid + No ACP
Team B			X	X		2 Coach Kids + No ACP
Team C		X	X			1 Coach Kid + 1 ACP
Team D			X			No Coach Kid + 1 ACP
Team E			X	X		No Coach Kid + 2(Siblings) ACP
Team F		X	X	X		2 Coach Kids + 1 ACP
Team G		X	X	X		1 Coach Kid + 2(Siblings) ACP
Team H		X	X	X	X	2 Coach Kids + 2(Siblings) ACP
Team I			X	X		Returning Coach Kid + Previous Season ACP (can not protect another kid)
Team J			X			No Coach Kid + Previous Season ACP (can not protect another kid)

**All teams draft in the 1<sup>st</sup> and 2<sup>nd</sup> rounds unless an ACP is protected in the in 2<sup>nd</sup> round.**

### Drafting Siblings

- a. If a new player enters a league with a sibling who is returning to a team in that league (age division), the new player will automatically go to the team with their sibling, unless otherwise

requested in writing by the parent. The new player (sibling) will be treated as a returning player to that team.

- b. When drafting siblings new to the league (age division), a team must have age eligibility for both players, and they will be placed as consecutive selections on the draft grid. For example, if one sibling is taken as the first pick, the other sibling will automatically be selected to the next available round for that team.
- c. If a sibling is selected in the last “open round” of the draft, the other sibling will be automatically selected as that team's first hat pick to accommodate the other sibling.
- d. If siblings are selected in the last round (typically hatpicks) of the draft, the team who drafts the siblings will give up their previous round draft selection to accommodate the sibling. The player lost from this accommodation will be folded back into the hat.

Each team will have a maximum number of participants in each age group. The maximum number will be established prior to the draft based upon the total number of participants registered at each age within that league (age division).

Participants that withdraw from a team for verified medical reasons will return to the same team the following season provided they meet league age requirements.

Players are not able to move/switch teams once rosters are created and players are assigned to teams.

For the purposes of player placement, the definition of immediate family includes: children, grandchildren, siblings and step children.

#### **IV Method of Selecting Players**

- 2. The Cary Parks, Recreation and Cultural Resources Department's Sports staff shall determine the total number of players per team. In the case that there cannot be the same number of players per team, the coaches will draw at random before any selections are made to determine the total number of players to be on each team.

Note: If, at the conclusion of the draft, all teams do not have a complete roster, newly registered players will be assigned to the team(s) with the fewest players. If two or more teams have the same need for players, newly registered players will be assigned randomly.

- 3. **Draft order for the 1<sup>st</sup> round** will be determined by last season's winning percentage with lowest winning percentage picking first. Any ties will be broken by number of returning players (fewest first), then coin flip. For all rounds after the 1<sup>st</sup> round, the order will be determined by the number of returning players with the lowest number of returners picking first. Any ties will be broken by previous season win percentage (lowest first), and then coin flip.

4. **Draft order for all other rounds after the 1<sup>st</sup> round** will be determined based on each team's number of returning players. The draft order after the first round is as follows:
  2. Expansion teams with zero (0) players
  3. Expansion teams with one (1) player
  4. Least number of returning players
  5. Next to least number of returning players; Any ties will be broken by previous season win percentage (lowest first), and then coin flip
5. **Expansion teams.**
  1. "Expansion Teams" are added teams to the league or returning teams with zero (0) or one (1) returning player (including the coach's child, if applicable). Expansion teams are considered to have no win% for the purposes of the draft.
  2. Expansion teams that have the same number of returning players will be pooled together for draft order. Expansion teams with zero (0) returning players, would be pooled together and draft before expansions teams with one (1) returning player for the entire draft.
    - i. For Round 1 (determined by last year win%): a coin flip will decide the draft order of each pool of expansion teams with the same number of returning players.
    - ii. For all rounds after the 1<sup>st</sup> Round (determined by #of returning players): the order for each pool of expansion teams will be the reverse of the 1<sup>st</sup> round.  
Example: If an expansion team has fewer returning players than another expansion team, then the expansion team(s) with the fewer amount of returning players will select before the expansion teams with more returning players, in the 1<sup>st</sup> round. The order for all expansion teams (regardless of # of returning players) would still flip for Rounds 2-8.
  6. If a new league is formed, then the draft order will be random. The only returning players will be the coach's immediate family, and any potential Assistant Coach Protections. The odd number rounds will be top to bottom and the even rounds will be bottom to top.

#### **IV Eligible Players for Draft and Player Assessments:**

1. Registered players who are new to a league (age division) will attend player assessments and be drafted by coaches to the teams.
2. Players who participate in player assessments, will be drafted during the "open rounds" of the draft.
3. Players who do not attend assessments will be placed on teams randomly via "hatpicks", at the end of the draft, according to draft order.
4. **Age Limitations:** Coaches will be limited to draft selections based on age. This is calculated by adding the total number of players of each "league age", divided by the number of teams, and rounded up to the next whole number.

- a. **(New) Minimum 1 Rule:** regardless of the age limitation formula, coaches will have access to a minimum of 1 player from each age group.
  - b. Age limitations apply for all rounds of the draft, including hatpick rounds. Hatpick rounds will have different hats for each age division, until options run out.
5. **Last Round Hat:** Any “Undrafted” players from the “open rounds” will be placed together into a single “Last Round Hat” along with any remaining players unpicked from the previous hatpick rounds. This Last Round Hat will not have any age limitation.
  1. **EXCEPTION:** If there are no player folded into the hat from the “open rounds”, then age limitation will apply to the Last Round Hat.
6. **Waiting List:** Extra players will be assigned to teams with the least amount of players. In the event of two teams having the same need for players, players will be assigned randomly.



## SELECTION OF COACHES

1. Any person wishing to coach in the youth baseball program for the first time should complete a Coach's Application prior to the start of the season. Returning coaches will be given first opportunity to continue coaching by completing a returning coaches card.
2. All applications for head coach will be reviewed by the Sports staff. After review, a coach's interview will be scheduled. Selected applicants will be recommended to the Director of Parks, Recreation and Cultural Resources Department and the appropriate Athletic Committee for approval.
3. All head coaches must be certified by the National Alliance for Youth Sports. Clinics are offered by Cary Parks, Recreation and Cultural Resources Department. Upon certification by the National Alliance for Youth Sports and approval of the Department Director and Athletic Committee, coaches are assigned to teams. Background checks are conducted on each head coach in order to promote the health and safety of our participants. The information that may be collected as part of the background check includes criminal conviction record checks, sex offender registry checks and social security verification. Please be aware that any volunteer who refuses to consent to a background check will not be considered as a head coach.



## COACHES CODE OF CONDUCT

The Cary Athletic Committee recognizes the important contribution of the coaches at each level of the Cary Parks, Recreation and Cultural Resources Department's Baseball program. The influence of the coaches during the formative years of hundreds of youths involved in this program is immeasurable and is reflective in later years, not only in athletic abilities that are developed, but also in the more important traits of character that will be a part of each individual for life.

Coaches have a responsibility to teach the basics of baseball and to provide an organized and controlled team approach to a recreational program, as well as the responsibility to teach the strategy of the game. They also have a more important responsibility to provide leadership for the development of sportsmanship, self-confidence, competitiveness with a sense of fair play, teamwork, humbleness in victory and a stout heart in defeat.

Coaching is a privilege and coaches must be expected to assume all of the responsibilities associated with working with these young people for their total development. **Winning the game is secondary to the other aspects of the program.** Any conduct by coaches that is detrimental to the overall development of the young people will not be permitted and any action by any coach that is deemed to be improper will be dealt with as set forth hereunder.

Any of the following actions by baseball coaches while coaching in the Cary Parks, Recreation and Cultural Resources Department program shall be considered improper and could be grounds for censure, reprimand, suspension or dismissal at the discretion of the Sports Program Coordinator. Please refer to the Athletic Discipline Policy on Page 19 of this manual.

1. Use of obscene or profane language on the field or in the presence of the players;
2. Use or display of alcoholic beverages on the field or in the presence of the players;
3. Participation by the coach while under the influence of alcohol;
4. Teaching and condoning unsportsmanlike conduct;
5. Inciting by word or sign any demonstration by parents or spectators;
6. Using language that will in any manner refer to or reflect upon the opposing players, an official, staff member or a spectator;
7. Make intentional contact with any official or staff member in any manner;
8. Harassment of players, officials, scorekeepers, staff or anyone connected with the program;
9. Smoking on the field.

Any complaint received by Cary Parks, Recreation and Cultural Resources Department relating to the conduct of any coach will be discussed with the coach involved and a written report of the complaint and action taken may be made in the permanent record of that coach in the files of the Cary Parks, Recreation and Cultural Resources Department. A copy of any such report will be transmitted to the coach involved. A coach may request a hearing before the Athletic Committee on any complaint filed or any action taken by the Parks, Recreation and Cultural Resources Department.

## COACHES CODE OF ETHICS PLEDGE

I hereby pledge to live up to my certification as a National Alliance for Youth Sports coach by following the NAYS Code of Ethics.

- I will place the emotional and physical well-being of my players ahead of any personal desire to win.
- I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for the same age group.
- I will do my very best to provide a safe play situation for my players.
- I promise to review and practice the necessary first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead, by example, in demonstrating fair play and sportsmanship to all my players.
- I will ensure that I am knowledgeable in the rules of each sport that I coach and that I will teach these rules to my players.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth coach and that the game is for children and not adults.





## DUTIES AND RESPONSIBILITIES OF COACHES

The Cary Athletic Committee appreciates the assistance and importance of coaches to the baseball program of the Cary Parks, Recreation and Cultural Resources Department. The baseball program offered for the youth of Cary is one of the best and most complete programs in the area and a large part of its success can be attributed to the hard work and dedication of those who have served as coaches. In order to help coaches better understand their role and to maintain the high standards afforded in our programs, the following duties and responsibilities for coaches have been established for coaches by the Athletic Committee.

- ⚡ Each team may have a maximum of three coaches and one scorekeeper. If a coach is absent, a substitute coach is allowed; however, under no circumstances will more than four adults be allowed in the dugout at one time.
- ⚡ Each coach must keep his/her team roster up to date at all times and must notify Cary Parks, Recreation and Cultural Resources Department of the loss of any player from his/her team roster. Violation of this rule may result in forfeiture of games in question and/or suspensions or removal of the head coach.
- ⚡ Each head coach is responsible for the uniforms issued to him/her for his/her team. Coaches must contact sports staff for approval of any alterations to the team uniform.
- ⚡ The head coach, or his/her authorized assistant, must complete the names and jersey #'s on the mandatory playing time sheet and turn it in to the official scorer NO LESS THAN TEN MINUTES PRIOR TO THE START OF THE GAME.
- ⚡ Each coach will inform the members of his/her team of the time and place of each game.
- ⚡ Each coach shall encourage the exhibition of good sportsmanship at all times by his/her players and spectators.
- ⚡ Each coach shall make sure only team players and coaches are allowed in the dugout area with the team.
- ⚡ Each coach shall instruct his/her players in all safety rules for their own protection and that of their opponents.
- ⚡ THERE WILL BE NO SMOKING, FOOD OR DRINK (except water) IN THE DUGOUTS AT ANY TIME.
- ⚡ Violation of the Coaches Code of Conduct may result in a disciplinary action in accordance with Athletic Discipline Policy.
- ⚡ Cary Parks, Recreation and Cultural Resources Department and the Athletic Committee reserve the right to dismiss a coach for violation of any Coaches Code of Conduct rule.
- ⚡ Any coach or assistant coach who has been dismissed by Cary Parks, Recreation and Cultural Resources Department or the Athletic Committee may not return as a coach or assistant coach without the approval of Cary Parks, Recreation and Cultural Resources Department.
- ⚡ Each coach must work with the Sports staff and abide by all rules and policies established by the department to ensure goals of the program are met.

## **Exposure to Blood and Blood Products Information Sheet for Volunteers**

As Town of Cary Volunteers, you have committed your time and energy to the children and adults of our community. Particularly during athletic events, these children or citizens may occasionally suffer minor injuries such as scrapes and cuts which cause bleeding. The Town would like to provide important information about these minor injury situations.

Blood can carry disease. These diseases can be spread when an infected person's blood gets into another person's body. One way this happens is when a first aid provider has an opening in his skin, and the infected blood enters that opening. Therefore, it is very important that if you choose to provide first aid, that you take precautions to keep the blood from getting on your skin, in your eyes or into your nose.

The Parks, Recreation and Cultural Resources Department will provide rubber gloves at all activities where there is a chance that a participant could receive a minor injury. If you choose to help with first aid, we encourage you to wear these rubber gloves. Be careful when taking them off, that you do not touch the outside of the glove and get blood on your hands. Wash your hands thoroughly as soon as possible.

You may also choose to ask that a child's parent take care of the child, or that the injured adult clean his own wound and apply a bandage on himself. Certainly if there is a concern that an injury is serious, if there is loss of consciousness, or if there is profuse bleeding, provide comfort to the injured citizen, protect yourself, and make arrangements for medical treatment.

If you have questions about this issue, please call the Parks, Recreation and Cultural Resources Department at 919-469-4062. We are proud of your participation in the community activities for which you volunteer, and are grateful for your efforts.



## PLAYER'S BILL OF RIGHTS

I understand that my responsibilities as a youth coach are of great importance and that my actions have the potential to significantly influence the young athletes whom I coach. Therefore, I promise to uphold the following rights of young athletes to the best of my ability:

1. Right to participate in sports.
2. Right to participate at a level commensurate with each child's maturity and ability.
3. Right to have qualified adult leadership.
4. Right to play as a child and not as an adult.
5. Right of children to share in the leadership and decision-making of their sport participation.
6. Right to participate in a safe and healthy environment.
7. Right to proper preparation for participation in sports.
8. Right to an equal opportunity to strive for success.
9. Right to be treated with dignity.
10. Right to have fun in sports.



## TEAM PARENT MEETING SUMMARY AGENDA

- ▲ Give out practice and game schedules
- ▲ Give out rules
- ▲ Special Team Rules
- ▲ Practice/ Game Attendance as covered in team rules
- ▲ Coaching philosophy summary
- ▲ Town Philosophy (Participation, Skill Development, Sportmanship, Fun)
- ▲ Coaching goals for the season
- ▲ Recruitment of team parent representative (to organize drinks, party, trophies, etc..)
- ▲ Inclement weather policy (rain/snow/ice before practice/games)
- ▲ Give out map of facilities
- ▲ What to wear/bring (no jewelry)
- ▲ Parents code of ethics pledge
- ▲ Player Information Sheet

12. Recruitment of assistant coaches

13. Drink/snack schedules

14. Discussion on team awards

15. Coaches expectations of the parents (behavior, conduct, etc.)

POLICY STATEMENT	NO. 19
Athletic Program Discipline Policy	
	Effective: 09/28/12
	Supersedes: 05/26/2005
	Prepared by: William Davis
	Date adopted by Council 09/27/12

**PURPOSE:**

To adopt an official policy for the control of individual behavior at athletic activities for the purpose of maintaining a wholesome recreational atmosphere at events.

**COVERAGE:**

This policy, upon adoption, shall be applicable to all individuals participating in athletics as either players, coaches, officials, or spectators and shall remain in effect until such time that it is altered, modified, or rescinded by the Town Council.

**POLICY:**

The Town of Cary Parks, Recreation and Cultural Resources hereby establishes the following Athletic Discipline Policy:

1. Definition. Unsportsmanlike conduct (to include, but not limited to, the following)
  - a. Harassment of participants or officials, or
  - b. Profane language and/or gestures, or
  - c. Public threat or physical violence, or
  - d. Disruptive or malicious behavior
2. Any individual (includes players, coaches, officials, and spectators) displaying unsportsmanlike conduct whether during or following a game will be subject to partial or permanent program suspension at the discretion of the Parks, Recreation and Cultural Resources Department.
3. Ejection from Game - Adult Participant (including youth coaches)
  - a. Any adult ejected from a game for unsportsmanlike conduct will automatically remain suspended from participating in at least the next game to be played by their team. (Exception: Slapping the backboard or dunking in basketball will not be considered a discipline offense, but all violations of safety rules will be enforced through the athletic program discipline policy).
  - b. Any adult ejected from a second game for unsportsmanlike conduct during any one season will automatically be suspended from a minimum of the next two games to be played by their team and may not participate in any game with their team until they have a personal conference with the appropriate athletic staff.
  - c. The Parks, Recreation and Cultural Resources Department will review all ejections and may extend any suspension beyond the minimum game suspension as noted in 4(b) as it deems appropriate for the offense
4. Any coach displaying unsportsmanlike conduct, violating any coach's code of conduct rule, or refusing to abide by rules and regulations established by the department will be subject to partial or permanent program suspension at the discretion of the Parks, Recreation and Cultural Resources Department..
  - a. The Parks, Recreation and Cultural Resources Department staff may meet with the coach in violation and will issue a partial or permanent suspension from the program.

- b. A coach may request a conference appeal before the appropriate athletic committee on any suspension taken by the Parks, Recreation and Cultural Resources Department.
  - c. Any coach or assistant coach who has been dismissed by the Parks, Recreation and Cultural Resources Department may not return as a coach in the Parks, Recreation and Cultural Resources Department.
5. Ejection from Game - Youth Participant
- a. Any youth ejected from a game for unsportsmanlike conduct will automatically remain suspended from participating in at least the next game to be played by their team. (Exception: Slapping the backboard or dunking in basketball will not be considered a discipline offense, but all violations of safety rules will be enforced through the athletic program discipline policy).
  - b. Any youth ejected from any two games within one season will automatically be suspended from participating in at least the next two games to be played by their team and may not return to their team until their parent(s)/guardian has a personal conference with the team's coach and appropriate athletic committee.
6. Rules for individual leagues may include provisions for disciplinary action above and beyond those listed in this policy.
7. Any individual, whether youth or adult, suspended from a game after having a conference as outlined in 4(b) and 5(b) may be suspended for the remainder of the regular season and any tournament games.

## **Youth Athletic Program Disciplinary Guidelines as a result of ejection/ unsportsmanlike conduct from a game**

Category 1: Rules Violations - Ejection from current contest, no additional suspension

Examples:

- Extra Time-outs
- Delay of Game
- Too many players on the court
- Slapping the backboard
- Unintentionally slinging bat according to local rules

Category 2: Unsportsmanlike conduct (before, during or after a game)

Ejection from current contest, plus suspension for 1 or more games \*

Players suspended from a game may sit on the bench during the next scheduled game.

Examples:

- Disrespect directed towards officials or staff
- Disrespect or harassment of others based on race, color, religion, gender, national origin, age, or ability
- Profane, vulgar or inappropriate language or gestures
- Unsportsmanlike verbal conduct
- Reactionary verbal threat
- Intentionally throwing helmet, bat, etc.,

Category 3: Unsportsmanlike conduct (before, during or after a game)

Ejection from current contest, plus suspension for 2 or more games \*

Players suspended from a game may sit on the bench during the next scheduled games.

Examples:

- Illegally participating in an event after ejection, while under suspension, or as an ineligible player
- Any foul of a violent nature (swinging elbows, kicking, kneeing, etc.,)
- Contact with an official
- Fighting (before, during or after an event)
- Premeditated verbal or physical threat
- Any foul or attempted physical contact which, in the opinion of the official or staff, was intended to inflict or cause injury to another contestant, official, coach or spectator.
- Coach or player engaging in confrontational acts with an official before, during or after an event.

Category 4: Repetitive Suspensions

- Second suspension, either of which is a Category 3, will result in a season suspension.

\* Upon review by the Cary Parks, Recreation and Cultural Resources Staff

## CONDUCTING A PRACTICE

It is important in conducting a practice that you have your activity pre-planned so things won't get out of control. A suggested practice schedule would be as follows:

- B. A ten minute warm-up. All players loosening up by throwing to each other. Calisthenics are good to loosen up joints and muscles to prevent injury.
- C. Thirty minute batting practice. Let each player get 3-5 good hits. Others not batting should be fielding the practice hits. Make sure batting practice moves along quickly so players don't get bored.
- D. Forty-five minute dummy game. This gives players "real game" experience and lets you concentrate on teaching the fundamentals: batting, throwing, fielding, running and thinking.
- E. Importantly, don't just talk the fundamentals of baseball. Have the players repeatedly practice them until you believe they have mastered them. Tell your players to visualize the fundamentals and even have them practice in front of a mirror. This will make execution more automatic in a game situation.
- F. Here are other tips on helping you conduct your practice:
- G. Always start practice on time. Players should understand they must be on time. If they are not, they may run laps or other "lesson-learning" activities.
- H. Young players often daydream. Make sure they stay alert. During fielding you should have players bend their knees when a batter is up and stand on their toes when the pitch is made. This forces them to be alert and in good position to make the play.
- I. Ask your players to obey instructions - no exceptions.
- J. Practice means work, but make it enjoyable. You will have much more enthusiastic responses.
- K. Set aside a time after regular practice to work individually with those players who need help on a specific area. If you have assistants, let them have a time during practice to help individuals.
- L. Above all, you must require all your players try. They might have different levels of talent, but everyone can try. They should be awarded for trying.
- M. Hustle means running on and off the field between innings, running out every hit ball and backing fellow players up in the field.
- N. Encourage team unity and spirit. Never allow a player to criticize another player. This creates animosity and hurts morale. Stress the "all for one and one for all" concept.
- O. Diplomatically correct a player's error immediately in practice. The player learns the correct way at the proper time while it is still fresh in his mind and others learn at the same time.
- P. Understand the difference between correction and criticism. Correction deals with the problem and not the player as an individual. It is a positive step. Criticism is often directed towards the player as a person and usually has a negative effect.
- Q. In a game situation tell players not to panic under pressure but to concentrate on executing the fundamentals.

Finally, be consistent in practices by making it clear to the players what you expect of them. If you do so, you will have the basis of a fundamentally sound team. Good luck!



## DEALING WITH PARENTS

Coaching a youth league team is exciting and rewarding; however, from time to time you may experience difficulty with parents. Some may want their children to play more or they might question some of your judgments as a coach. This is normal so don't feel that you are alone if this happens.

Here are a few thoughts to remember when dealing with parents:

- A. Always listen to their ideas and feelings. Remember they are interested and concerned because it is their child that is involved. Encourage parental involvement.
- B. Express appreciation for their interest and concern. This will make them more open and at ease with you.
- C. No coach can please everyone. Don't try.
- D. Know what your objectives are and do what you believe to be of value to the team, not the parents.
- E. Make certain all parents know your ground rules. Have rules, regulations, your philosophy, practice dates and times, etc., printed on a sheet of paper you can pass out to all parents. Have a parent meeting before the season begins to discuss your operating procedures.
- F. Resist unfair pressure. You are the coach and it is your responsibility to make the final decisions.
- G. Most important - be fair. If you treat all players equally you will gain respect.
- H. Be consistent. If you change a rule or philosophy during the season, you may be in for trouble. If you do change something, make sure all parents are informed as soon as possible.
- I. Handle any confrontation one-on-one and not in a crowd situation. Don't be defensive. Don't argue with a parent. Listen to their viewpoint and thank them for it.
- J. Don't discuss individual players with other parents. The grapevine will hang you every time.
- K. Ask parents not to criticize their children during a practice or game. Don't let your players be humiliated, even by their own parents. Explain you must have complete control of your team when they are on your "turf".
- L. Don't blame the players for their parent's actions, if negative. Try to maintain a fair attitude.
- M. Parents must accept the fact that umpires, coaches and other league officials are volunteers and should not be subjected to criticism during ballgames.

Always remember that you will be dealing with all types of children and parents with different backgrounds and ideals. One of your main challenges as a coach is to deal with these differences in a positive manner so that team's season will be an exciting and enjoyable experience for all.

## **TWELVE DO'S AND DON'TS FOR DADS/MOMS**

1. Don't put yourself in your son's or daughter's place out there. The kid at third base isn't you, Dad. If he makes an error, it's his error; if his home run wins the game, it's his home run. Glory or grief, it's his ball game. Whether you were an All-American Legion shortstop or, more likely, couldn't make the church team even if the preacher was your father, has nothing to do with your kid's performance. Yet, I once heard a parent tell a child who made a wild throw, "you embarrassed me".
2. Don't talk about the "big game" all day. Chances are the "big game" isn't as important to your centerfielder as it is to you, and that's healthy. The youngster will usually keep the game in proper perspective, and keep pressure to a minimum, if only you will, Dad.
3. Don't criticize one of the other players even if the errant kid decides to read his library book in right field. That's not only unseemly; it's dangerous. Because chances are the offending player's mother is smoldering in the next lawn chair. She will scratch your eyes out.
4. Don't yell instructions to your player ("Get closer to the plate, son!") when it's his time to bat. That's the coaches job, and besides, the kid can pick your voice out in the tumult. It only makes him more nervous. Shout only general encouragement.
5. Don't start analyzing your child's performance right after the game. All the player wants is peace, quiet and a snowcone.
6. Don't criticize the coach, even if it's apparent that Bobby Cox he isn't. Listen, this guy is going to some dusty, pot-holed elementary school field after work and on Saturdays and Sundays to throw batting practice in a hot sun. Before you complain think "Am I ready to give up all my valuable free time to a bunch of pre-juveniles?"
7. Don't complain when the good coach plays everybody and even goes with different starters every game, right down to the child who has a pathological dread of fly balls and the bespectacled babyface who hasn't swung at a pitch ( I personally know that "please, Lord, let him walk me" feeling) in three summers.
8. Don't abuse the umpire, Dad. Baiting the college kid who's calling the game for four bucks isn't calculated to inspire respect for authority demanded from your child at home and at school.
9. Don't decide your player has a future with the Los Angeles Dodgers. Likewise, don't write off that babyface with the bat on his shoulder. Kids, I'm told, mature athletically at different paces. Some are better than they ever will be again. Some of the worst players will develop into varsity athletes with time.
10. Don't forget to praise your child for simply performing. Don't overpraise a hit or a good play, either. And, above all, don't ever dwell on an error or failure to deliver the "big" hit, especially not with scorn or anger. You're not Vince Lombardi, Pop, and your kid doesn't play for the Packers. Your child is 12, at most.
11. Don't forget to praise all the players after the game, especially if they lost.
  - a. And please, Dad, (mothers aren't nearly as bad about these things) don't take it so seriously. Even the "big game" isn't the Falkland crisis, and an answer to world hunger or even the World Series, let it just be fun.

## TEACHING BATTING SKILLS

Most young players are eager to hit a home run every time they go to bat. It is important that they understand this is a mistake. The key idea in teaching batting revolves around the thought - "Get the bat on the ball". Contact is the number one priority because contact results in hits and hits, not home runs, will win a game.

With this in mind, here are some helpful hints to help your players become better hitters.

- Choke up. This helps players to obtain greater bat speed.
- Weight should be on the back foot. This results in greater power and body control during the swing.
- Keep the swing level. Discourage an upper-cut swing because this results in pop balls.
- Have a short stride. This keeps the batting swing level and aids body control. A long stride decreases power and throws off swing control.
- Keep your eyes on the ball. Watch the ball all the way into the catcher's mitt.
- Spread your feet about as wide as the shoulders.
- Hit the ball out in front.
- Hold the bat firmly but do not squeeze. This will inhibit wrist action.
- When on deck, watch the pitcher. Is he wild, getting tired, mixing up his pitches? This will help you anticipate pitches when you go to bat.
- Typically, stand close enough to the plate so you can touch the outside corner with the tip of your bat. In most instances, you should stand slightly behind the plate rather than back in the batter's box.
- Learn your strike zone and where you prefer to hit. The strike zone is between the knees and upper chest at the armpits.
- Stride into the ball for maximum power.
- Keep knuckles straight, hands back and knees bent.
- Swing 80-85% of your total capacity. This eliminates over swinging and increases bat control.
- Use a bat that is not too heavy.

## TEACHING FIELDING SKILLS

Here are a few key fundamentals that all players must learn if they are to become good fielders. The biggest mistake youngsters make in fielding is that they try to get too fancy. Your role as a coach is to instill basic fundamentals into your players. These tips can help.

### INFELDERS

- Get in proper position. Stay low with glove out and your back parallel to the ground. This helps in protecting players and allows for quick body movement when pursuing grounders.
- When fielding grounders, go after the ball and try to stay in front of it. Don't wait for the ball to come to you. Use both hands when catching.
- If a "hot" grounder is not playable, try to simply stop it to prevent extra bases. Most important, keep your eye on the ball. Look the ball into the glove. There is more chance for injury if you turn your head.
- Catch infield pop balls over your head so you can keep your eye on them. Always "call out" pop balls to avoid collisions.
- Cross the leg over when pursuing grounds laterally instead of shuffling.
- When tagging the runner, keep both hands on the ball.
- Minimize throws on a "run-down" play (maximum of two). Try to force the runner back to his original base.
- Remember an accurate throw is better than a strong one. Throw the ball to your fellow player's chest.
- Keep throws low. Better too low than too high.
- Always chatter. It helps keep you alert and reinforces your pitcher's confidence.
- Always go for the sure out. The out is more important than the base runner.
- Back up other players.

## OUTFIELDERS

- Don't stand flat-footed when the batter comes to the plate. Watch the ball closely as the pitch is made and anticipate a hit to your field.
- When fielding a hit, always look to the cutoff man for instructions on where to throw the ball.
- Catch fly balls over your head so you will be in a good position to release a quick throw.
- When pursuing fly balls, try to keep your eye on the ball as much as possible. If hit to your right, turn right and look over your left shoulder. If hit to the left, turn left and look over your right shoulder.
- If a grounder is difficult to field, block it with your body to avoid extra bases.
- Keep throws low and bounce them to the infield if you can't reach it on the fly accurately.
- "Call out" all fly balls to avoid collisions.
- A glove with an "open web" is the preferred outfielders' glove because of maximum visibility.
- Back up your fellow outfielders in the event they miss the ball.
- When throwing, both infielders and outfielders alike should get a good grip on the seams of the ball and make sure they have the ball secure before throwing.
- One last mental tip. All fielders should think "What do I do if the ball is hit to me" or "What do I do if the ball isn't hit to me" before the batter comes to the plate.



## **CARY PARKS, RECREATION AND CULTURAL RESOURCES DEPARTMENT ATHLETIC SUPPLEMENT TO INCLEMENT WEATHER PROCEDURES**

The inclement weather procedure includes existing hazardous field conditions due to rain from preceding days. The decision to cancel athletic events is made for the safety of the participants and protection of playing surfaces.

The following conditions will preclude canceling athletic events:

1. Inclement weather (i.e., lightning, heavy rain, etc.). In the event of lightning, games should automatically be stopped and all players, coaches, and spectators should move away from the field (especially fences and bleachers).
2. Poor field conditions. The field is too muddy or has standing water and, therefore, creates a hazardous playing condition.

### Cancellation Procedure

1. In the event of inclement weather or questionable field conditions:
  - a. At 3 p.m. weekdays, 7 a.m. on Saturday and noon on Sunday, Cary Parks, Recreation and Cultural Resources Department will make a decision as to whether games will be played. For a recorded message concerning the status of scheduled games please call the Game Cancellation Line at (919) 319-4500. Information will also be available on the Athletic Program Status page at <http://games.townofcarync.gov/>. **Please do not call the department earlier asking for this information.**
  - b. After the times listed above, the decision will be made at the field by a Parks, Recreation and Cultural Resources Department representative, a member of the Athletic Committee or, in their absence, the umpire.
  - c. In order to keep the Cary Parks, Recreation and Cultural Resources Department telephone lines open to contact officials and coaches, players should not call the department regarding playing conditions.
  - d. Coaches are urged to establish a telephone tree to contact players.
2. If the first game/practice of the day is canceled, all games/practices scheduled will automatically be canceled as well. This does not apply to Saturday and Sunday games.
3. Due to the large number of teams involved in our program, and the limited number of facilities at which to play, rained out games will be made up only if they affect the final standings and if time permits and field space is available.
4. Any team that fails to field a team for a make-up game will lose the game by forfeit.
5. Once games/practices are canceled, teams are not allowed to use the field. Two reasons are cited for refraining from use of the fields.
  - a. Using the field when it is in poor condition causes damage to the playing surface. Therefore, our ballfield crew must spend extra time and effort in repairing the damaged field.
  - b. Once our department officially cancels games or practices and you, the volunteer coach, decide to practice or play on hazardous fields, you become totally liable in the event of an accident due to poor field conditions. The practice would show gross negligence on your part; therefore, holding you totally responsible.

We need your cooperation in adhering to all the policies and procedures established for our programs.

# APPENDICES

## CARY PARKS, RECREATION AND CULTURAL RESOURCES (PRCR) DEPARTMENT

This report applies only to incidents or accidents involving patrons or other unusual circumstances that may occur at the facility/event. After filling out this form completely immediately do the following:

- If EMS or Police are called to your facility or event, immediately notify (via phone) your supervisor (or designated contact), who will then contact a Division Manager.
- Upon completion of this form and any required notification, place form in BOX under PRCR Team Space/PRCR Accident & Incident Reports/(division)/(month/year).

**\*\*Do not use this form for an employee accident or reporting damage to Town owned property. Employee Accident Form is Located on C-Net under the Forms Tab (or in designated area at your facility).\*\***

### ACCIDENT/INCIDENT REPORT FORM

*In all boxes: Mark "X" in Appropriate Box*

Date \_\_\_\_\_ Time \_\_\_\_\_ AM ☐ PM ☐ Facility/Location of incident \_\_\_\_\_

Name of Injured \_\_\_\_\_ Address of Injured \_\_\_\_\_

Phone # of Injured \_\_\_\_\_ Name of Parent/Guardian \_\_\_\_\_  
(or Insert Phone Number of Parent/Guardian Here) (If Applicable)

Briefly Describe the Details of the Accident or Incident: (include any information you feel is pertinent such as witnesses, parent notification, etc. Continue on reverse side if necessary)

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Were Police Notified? Yes ☐ No ☐ Police Investigator Name: \_\_\_\_\_ Report # \_\_\_\_\_

Was EMS Called? Yes ☐ No ☐ Did EMS Transport patron away from site? Yes ☐ No ☐

If Transportation by EMS was necessary, where was he/she transported? \_\_\_\_\_  
(Name of Hospital, Clinic or Unknown)

Staff in Charge at Time of Incident/Accident: \_\_\_\_\_

\_\_\_\_\_  
Staff Signature

\_\_\_\_\_  
Staff Printed Name/Title



**PLAYER INFORMATION SHEET**  
**(Please return to head coach)**

**League:** \_\_\_\_\_

**Team Name:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Age** \_\_\_\_\_ **D.O.B.** \_\_\_\_\_  
(please print)

**Address:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Parent's Name:**      **Mother:** \_\_\_\_\_ **Father:** \_\_\_\_\_

**Home Telephone:** \_\_\_\_\_ **Work Phone:** \_\_\_\_\_

**Mobile Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION (If other than parent)**

**NAME:** \_\_\_\_\_ **DAYTIME #** \_\_\_\_\_ **EVENING #:** \_\_\_\_\_

**RELATIONSHIP TO CHILD:** \_\_\_\_\_

**PHYSICIAN'S NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**HOSPITAL AFFILIATION:** \_\_\_\_\_

Cary Parks, Recreation and Cultural Resources Department will attempt to provide reasonable accommodations for program participants when the need for accommodations is requested well in advance. Please list...

\_\_\_\_\_  
\_\_\_\_\_

Please list any medical information I, as a coach, should be aware of with your child (i.e. allergies, asthma, diabetes, injuries, etc.) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## PARENTS CODE OF ETHICS PLEDGE

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following the Parents Code of Ethics Pledge.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sport event.
- I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will demand a drug, alcohol and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
- I will remember that the game is for children and not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the NAYS Coaches' Code of Ethics.
- I will read the NAYS National Standards for Youth Sports and do everything in my power to assist all youth sports organizations to implement and enforce them.

Participants Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

## **NAYS NATIONAL STANDARDS FOR YOUTH SPORTS**

### **#1 PROPER SPORTS ENVIRONMENT**

Parents must consider and carefully choose the proper sports environment for their child, including the appropriate age and development for participation, the type of sport, the rules of the sport, the age range of the participants, and the proper level of physical and emotional stress.

### **#2 PROGRAMS BASES ON THE WELL-BEING OF CHILDREN**

Parents must select youth sports programs that are developed and organized to enhance the emotional, physical, social and educational well-being of children.

### **#3 DRUG, TOBACCO & ALCOHOL-FREE ENVIRONMENT**

Parents must encourage a drug, tobacco and alcohol-free environment for their children.

### **#4 PART OF A CHILD'S LIFE**

Parents must recognize that youth sports are only a part of a child's life.

### **#5 TRAINING**

Parents must insist that coaches are trained and certified.

### **#6 PARENT'S ACTIVE ROLE**

Parents must make a serious effort to take an active role in the youth sports experience of their child providing positive support as a spectator, coach, league administrator and/or caring parent.

### **#7 POSITIVE ROLE MODELS**

Parents must provide positive role models, exhibiting sportsmanlike behavior at games, practices, and home, while also giving positive reinforcement to their child and support to their child's coaches.

### **#8 PARENTAL COMMITMENT**

Parents must demonstrate their commitment to their child's youth sports experience by annually signing the Parent's Code of Ethics.

### **#9 SAFE PLAYING SITUATIONS**

Parents must insist on safe playing facilities, healthful playing situations, and proper first aid applications, should the need arise.

### **#10 EQUAL PLAY OPPORTUNITY**

Parents, coaches, and league administrators must provide equal sports play opportunity for all youth regardless of race, creed, sex, economic status or ability.

### **#11 DRUG, TOBACCO & ALCOHOL-FREE ADULTS**

Parents must be drug, tobacco and alcohol-free at youth league sporting events.

**OFFICIAL'S EVALUATION FORM**  
**Cary Parks, Recreation and Cultural Resources**

Please take a moment to give us an objective evaluation of the officials who worked your game. Your input is appreciated.

1. Your Name: \_\_\_\_\_
2. Sport \_\_\_\_\_ Team name: (optional) \_\_\_\_\_ League \_\_\_\_\_
3. How many years has your team played in a Town of Cary league? \_\_\_\_\_
4. Relationship to team: (Circle One)  
 Head Coach Assistant Coach Player Parent Spectator Commissioner
5. Game Date: \_\_\_\_\_ Score: \_\_\_\_\_  
 Opponent: \_\_\_\_\_ Who won: \_\_\_\_\_
6. Were both officials present and ready to begin at game time? (Circle One) Yes No
7. If one or both were late, at what time did they arrive? \_\_\_\_\_
8. Rate the following on a 1 - 5 scale.  
**1 = Poor, 2 = Below Average, 3 = Average, 4 = Above Average, 5 = Excellent**

Rule Knowledge	1	2	3	4	5
Application of rules (i.e., called too tight, not tight enough)	1	2	3	4	5
Reaction under pressure	1	2	3	4	5
Referee/Umpire Consistency	1	2	3	4	5
Game Control	1	2	3	4	5
Hustle (covered the court/field)	1	2	3	4	5
Alertness, interest in the game	1	2	3	4	5
Attitude toward participants	1	2	3	4	5
Professionalism	1	2	3	4	5
Teamwork with partner	1	2	3	4	5
Overall Performance	1	2	3	4	5

If your evaluation is only for one official, please identify: \_\_\_\_\_

Additional Comments: \_\_\_\_\_

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Please email to [sports@townofcary.org](mailto:sports@townofcary.org)

Questions? ☎ 469-4062

**Thank you!**

# Sport Snack Game Plan

When it's your turn to bring snacks for the team, it can be tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

## SNACK & DRINK SUGGESTIONS

Fruit and water are always the best snack choices for kids on the move. Try these popular options:

- >> Orange & apple wedges
- >> Fresh peaches, pears, watermelon or other seasonal fruit
- >> Dried fruit, nuts and raisins
- >> Bananas, grapes & strawberries
- >> Fruit cups (packed in juice) or sugar-free applesauce
- >> Water - no need for sugar packed drinks

## GRAB & GO - THE PRICE IS RIGHT!

- >> Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a team of 12.

### Healthy Snack -

- > Fresh bananas/oranges/apples - \$3 to \$4 a bag
- > 16 oz. natural spring water bottles (15 pack) - \$3.29

**Total = \$7.29**

### Typical Snack -

- > Mini bags of cookies (12 pack) - \$4
- > Two boxes of 7 oz. Capri Sun drink pouches (10 packs in each) - \$6.25

**Total = \$10.25**



[www.advocatesforhealthinaction.org](http://www.advocatesforhealthinaction.org)

**TOWN of CARY**  
PARKS, RECREATION &  
CULTURAL RESOURCES



## **STAY AWAY FROM TREES DURING THUNDERSTORMS!**

Go to a building or vehicle to protect yourself from lightning - trying to stay dry under a tree increases your exposure to lightning. Children and adults are killed and injured by lightning every year because they take shelter under or near trees.

Count the seconds between lightning and thunder. A count of 30 or less means you are already in danger, and should be in a safe place. Wait 30 minutes after the last lightning or thunder before going back outside.

- Watch for developing or approaching storms and lightning.
- Go inside a building - stay away from window, pipes, and electrical outlets.
- Go inside a car, truck or bus with a metal roof, and avoid contact with metal.
- For group activities outdoors, designate a person to track the distance to lightning.
- Stay in a safe place until the threat of lightning is over.
- If caught outside far from a safe shelter - stay away from high objects, as well as fences, wires, and poles - and especially trees.
- Be aware of your surroundings.

## **Picnic Shelters ARE NOT Safe Locations During a Storm!**



## HEAT SAFETY TIPS FOR ATHLETES AND COACHES

The N.C. Division of Public Health encourages young athletes and coaches to be especially careful when exerting during high temperatures in North Carolina. According to the American Academy of Pediatrics, when the air temperature exceeds 95°F (35°C), children have a lower exercise tolerance and ability to adapt to extreme temperatures than do adults. Adolescents' ability to adapt falls in between. With preseason practices underway, it is critical for young athletes to take time to acclimatize to the heat to minimize the risk of heat illness. By slowly increasing heat tolerance, the athlete is better able to exercise safely and effectively in warm to hot conditions. This doesn't happen quickly. Children under 10 should acclimatize with short daily exposures to exercising in high temperatures – 30 to 45 minutes per day – for up to 10 days. The National Athletic Trainers' Association recommends that adolescent athletes should allow up to 14 days to become fully acclimatized, gradually building intensity and duration of work in the heat. Here are some tips for coaches and athletes to play it safe during hot weather:

### Recommendations for Athletes and Parents:

- Wear light-colored and lightweight clothing; if clothes become saturated with sweat, change into dry clothes.
- Try to drink cold water as frequently as possible. During long bouts of intense exercise, it's a good idea to use a sports drink that contains sodium to replace the sodium lost in sweat. Most sports drinks contain adequate salt. Salt tablets are not recommended.
- Pay attention to early signs and symptoms of dehydration: Dry or sticky mouth, thirst, headache, dizziness, cramps, and/or excessive fatigue
- Don't let embarrassment keep you on the field. If you feel dehydrated or sick, tell your coach right away.
- Sleep at least six to eight hours at night in a cool environment, eat a well-balanced diet, and stay hydrated throughout the day, even when you are not on the playing field.
- Track body weight to make sure you are properly hydrated. Your goal should be less than 2 percent body-weight change during a practice session.

### Recommendations for Coaches:

- Know the signs and symptoms of heat-related illness. Educate athletes and other coaches regarding the prevention, recognition, and treatment of heat illnesses. - Be aware not only of heat, but of humidity levels when evaluating conditions for practice. A good measure is the wet bulb globe temperature (WBGT) – the standard index of temperature and humidity combined. Measuring devices are available commercially.
- Schedule training sessions to avoid the hottest part of the day (10 a.m. to 5 p.m.)
- During hot and humid weather, enforce regular rest periods in the shade and see that players drink water every 15 minutes, regardless of whether they are thirsty.
- Substitute players frequently to allow adequate rest periods.
- Encourage athletes to stay hydrated throughout the day, before and after practice.

Sources: American Academy of Pediatrics, Journal of Athletic Training, MayoClinic.com

### How much water?

When a child is participating in prolonged physical activity,

**A child weighing 88 lbs:** 150 mL [5 oz] of cold tap water or a flavored salted beverage every 20 minutes

**A child weighing 132 lbs:** 250 mL [9 oz] cold tap water or a flavored salted beverage every 20 minutes

Source: *Climatic Heat Stress and the Exercising Child and Adolescent*, PEDIATRICS Vol. 106 No. 1 July 2000

# HEADS UP CONCUSSION



## SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

### › SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

### › SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"



## ACTION PLAN

As a coach, if you think an athlete may have a concussion, you should:

1. **Remove the athlete** from play.
2. **Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider.** Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion.
3. **Record and share information about the injury**, such as how it happened and the athlete's symptoms, to help a health care provider assess the athlete.
4. **Inform the athlete's parent(s) or guardian(s)** about the possible concussion and refer them to CDC's website for concussion information.
5. **Ask for written instructions from the athlete's health care provider** about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
  - › Be back to doing their regular school activities.
  - › Not have any symptoms from the injury when doing normal activities.
  - › Have the green-light from their health care provider to begin the return to play process.

**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



For more information and to order additional materials **free-of-charge**, visit: [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP).

You can also download the CDC **HEADS UP** app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control



## Lost & Found Procedure

Due to the large volume of lost and found items, and the number of locations we supervise, the department cannot track down individual lost items. Therefore, all lost and found items for youth and adult sports leagues will be taken to the locations listed below.

1. **Items are donated or discarded on the 15<sup>th</sup> of the following month.**
2. Items are held for at least 15 days (if found the last day of the previous month).
3. Lost and found items are taken to specific locations based on the chart below.
4. Coaches, Teams, and Players should turn in items based on the chart below.
5. Items that are particular smelly, or containing body fluids (sweat), are thrown away.
6. Patrons should expect to search the bins themselves if they have lost an item.

Items Found @:	Lost and Found Turn In:
<b>All baseball and softball fields</b> *Except Middle Creek & Thomas Brooks	Bond Park Community Center
<b>All sand volleyball courts</b> **Only During league play	Bond Park Community Center
<b>Herb Young Community Center</b>	Herb Young Community Center
<b>Middle Creek Community Center</b> West Lake Middle	Middle Creek Community Center
<b>***School Gym Sites</b> Alston Ridge Middle, Cary Elem, Green Hope Elem., East Cary Middle, Davis Drive Middle, Mills Park Middle, Reedy Creek Middle, West Cary Middle	Bond Park Community Center

\*Middle Creek Softball Complex & Thomas Brooks Softball Complex keep their own lost in found items at the towers.

\*\*Adult Sand Volleyball league play is Jun-Aug.

\*\*\*Many schools keep their own lost and found when their staff find lost items. Please call the schools directly if you think your item might have been picked up by school staff.

Bond Park Community Center	919-462-3970
Herb Young Community Center	919-460-4965
Middle Creek Community Center	919-771-1295

## **DIRECTIONS TO CARY AREA PARKS AND SCHOOLS**

### **Annie L. Jones Park – (1 field)**

1414 Tarbert Drive, Cary, NC 27511

- Located off Lake Pine Road between Cary Parkway and SW Maynard Road.
- From Lake Pine turn west on Tarbert Drive. The park is approximately three and one-half blocks down on the right.
- From Cary Parkway turn north onto Tarbert Drive. Turn left into the park across from Scottish Hills Swimming Pool.
- The ball field is on the left.

### **Fred G. Bond Park – (7 fields)**

801 High House Road/150 Metro Park Drive, Cary, NC 27513

- Located on High House Road between Maynard Road and the Cary Parkway.
- From Cary Parkway turn east on High House Road. Look for St. Michael's Church on the left. Turn right into Bond Park (across from the church).
- From Maynard turn west onto High House Road (towards Preston). Look for St. Michael's Church on the right. Turn left into Bond Park (across from the church).
- Follow the signs to the appropriate field.

### **Cary High School – (1 field)**

638 Walnut Street, Cary, NC 27511

- Located near the intersection of Maynard Road and Walnut Street.
- From the Cary Town Center get onto Southeast Maynard Road. Take a right onto Walnut Street. The school is on the left.
- From Kildaire Farm Road get onto Maynard headed towards the Cary Town Center. Take a left onto Walnut Street. The school is on the left.
- Park in the lot on the right side of the school.
- Walk behind the school to get to the softball field.

### **Carpenter Fire Station Park – (2 fields)**

7119 Carpenter Fire Station Road, Cary, NC 27519

- Located at the intersection of Highcroft Dr. and Carpenter Fire Station Rd.
- From Hwy 55, turn west onto Carpenter Fire Station Rd. Park. Go past the YMCA on your left, and the park will be on your left.
- From Green Level Church Rd. Turn east onto Carpenter Fire Station Rd. Park. Cross over the 540 bridge, then park is 3rd turn on your right.

### **Davis Drive Middle School – (2 fields)**

2101 Davis Drive, Apex, NC 27502

- Located on Davis Drive, 1 mile south of High House Road.
- Take Davis Drive south. Cross the railroad tracks and there will be two school campuses on the right. The first campus is Davis Drive Elementary and the second campus is Davis Drive Middle School. Take the second right onto the Davis Drive Middle School parking lot.
- Park in the front of the school in the large parking lot, or in the parking lot near the buses.
- DO NOT PARK BEHIND THE SCHOOL!
- Field #1 is located behind the gymnasium and field #2 is located at the north end of the Middle School building. Take the walkway at the north end of the Middle School to get to both fields.

### **Green Hope High School – (2 fields)**

2500 Carpenter Upchurch Rd., Cary, NC 27519

- Located on Carpenter Upchurch Road between High House Road and Morrisville Carpenter Road.
- From High House Road turn north on Carpenter Upchurch Road. The school is on the right. Take the third entrance to get to the ballfields.
- From Davis Drive take Morrisville Carpenter Road west. Turn left on Carpenter-Upchurch Road. The school is on the left. Take the first left to the ballfields.
- Field #1 is the first field on the left (larger field).
- Field #2 is the second field on the left (smaller field).

**Harold D. Ritter Park – (2 fields)**

301 Lochmere Drive West, Cary, NC 27511

- Located off Kildaire Farm Road between Tryon Road and Penny Road near Hemlock Bluffs Nature Preserve.
- From Kildaire Farm Road turn west on Lochmere Drive West at the Resurrection Lutheran Church.
- The park entrance is on the left.
- Field #1 is on your left as you drive through the park
- Field #2 is all the way in the back of the park.

**Lexie Lane Park – (1 field)**

301 N. Dixon Street, Cary, NC 27513

- Located off Chatham Street between Harrison Avenue and High House Road.
- From Chatham Street take Dixon Avenue north.
- After several hundred yards the road will curve sharply to the left and change names to Madison Avenue. Stay to the right on Dixon Avenue in the curve.
- The park entrance is on the left.

**Lions Park – Franklin Field and Mills Field – (2 fields)**

815 Tanglewood Drive, Cary, NC 27511

- Located off Walnut Street between SE Maynard Road and Kildaire Farm Road.
- From Maynard Road turn north on Tanglewood Drive.
- From Walnut Street turn onto Tanglewood across from the Burger King and Dairy Queen.
- Parking is available on the left next to Mills Field. Please do not park in the swim club parking lot. Parking next door at Christ the King Lutheran Church is permitted if the church has no activities going on.
- From Walnut St. Franklin Field is on the right just past the Cary Swim Club.  
Mills Field is on the left.

**Middle Creek Softball Complex – (4 fields)**

123 Middle Creek Park Avenue, Apex, NC 27539

- Located on the campus of Middle Creek High School.
- Going south on Kildaire Farm Rd., turn left on Ten Ten Rd.
- Pass through the Holly Springs Rd. intersection, continue 1.2 miles and turn right on West Lake Rd.
- Continue 1.3 miles and turn right onto Middle Creek Park Ave.
- Turn left at the second driveway.
- Softball/\*baseball complex on the right, event parking on the left.

\*The Middle Creek High School baseball field and batting cages are not included in the Town of Cary Park System.

**Mills Park Middle School – (1 field)**

441 Mills Park Drive, Cary, NC 27519

- Located on Green Level Church Road between Cary Glen Blvd. and Green Hope School Road
- From downtown Cary travel High House Road to Highway 55, at the intersection continue straight onto Green Level Road West. Travel on Green Level Road West approximately 3 miles then take a right onto Green Level Church Road. Travel North for approximately 2 miles and turn right onto Mills Park Drive. Take the first left and stay straight until you reach the softball field.
- Additional parking surrounds the school.

**Penny Road Elementary School Park (1 field)**

10900 Penny Rd, Cary, NC 27518

- Located on the campus of Penny Road Elementary School.
- From downtown Cary travel south on Kildaire Farm Road, turn right on Penny Rd, School will be ½ mile on your right.
- Parking available in front or side of school. Field is behind the school

**Thomas Brooks Park – (4 fields)**

9008 Green Level Church Road, Cary, NC 27519

- Located on Green Level Church Road between Beaver Dam Road and Green Level School Road
- From downtown Cary travel High House Road to Highway 55 at the intersection continue straight onto Green Level Road West. Travel on Green Level Road West approximately 2 miles then take a right onto Green Level Church Road. The park is approximately 1 mile on the right.