

CYA Little League



**2023 Fall Season
Managers and Coaches Meeting**

Welcome



- Thank you for volunteering your time!
- Thank you for making an impact on the lives of your players – *this is a lot more than just baseball*
- We hope you have a fun season



Managers/Coaches



What are
your goals for
the season?

You are the face of the league

Coaches are defined by how they treat the players and honor the game (player focused)

Kids won't remember results. But they will remember good coaches and not good coaches.

Focus on skill development & having fun instead of winning games.

Highlight effort, not just results

Let them fail, but provide guidance

Treat your child just like any other player – either coach 12 or 0



Players/Parents/Managers/Coaches



- Codes of Conduct
 - All managers, coaches and parents signed at registration
 - Parent and Player versions on CYA LL web site
- **Treat Umpires With Respect**
 - ***No yelling or criticism.*** Many are 12-14 year old kids. Doesn't matter what age.
 - ***Only managers*** can discuss a rule interpretation w/ umpire, not a judgment call





Get Help

- Assistant Coaches
 - As many as you can – must be reviewed by league – spreadsheet link to be provided
 - Only two ACs during games on field, in dugout
 - Must have 1 in dugout at all times – pay attention
- Grounds Crew
 - Before & after games, after practices
- No snack shack in the Fall
- Umpire (as needed)
- Photographer (optional)



Safety



- ASAP – under documents
- Background checks
 - All volunteers are required to complete (check your email for an “invitation”)
- Lightning
 - Weather Bug App
 - Must leave the field and go into a car
 - Game can resume 30 minutes after last lightning strike
- First Aid Kits / Ice Packs in all Knack Boxes
- Never leave a player alone after practices or games
- Bats – pointed down unless actively hitting
- Safe Sport - <https://safesport.org/>





Equipment

- Equipment distribution **(Right after this meeting)**
 - Uniforms
 - Game balls
 - Catchers gear
- Players should provide bats, gloves, cleats, pants
- Guide parents in selecting equipment
 - If you notice a player with too big a glove or bat, talk to parents. Many online sizing charts are bad.
- All bats must have USA Baseball Logo
 - Single piece wood bats allowed
- Protective cups mandatory for catchers
 - Recommended for everyone



Schedule - Overview



- August 26: Coaches Meeting / Equipment Pickup
- August 26: Practices start
- September 5: Games begin
- October 21: Picture day
- October 28: Last day of season
- No playoffs in Fall



Schedule - Fields

- Fields
 - Chantilly Park 1-3 (2,3 preseason only)
 - CP1 is unlit
 - Sully Highlands 3,4
 - Greenbriar 2 (M,W only)
- Games not rescheduled in Fall
- Through Labor Day
 - Schedule now according to instructions in email
- After Labor Day – 1 practice per week
 - Email Jay your preference for day/time/field



Weather

- During the season, website should post by 3pm weekdays (and early morning weekends) if fields are closed for weather
- If closed officially (marked as **Red**), definitely need to stay off them
- If marked TBD (**Yellow**), then it's coach's decision. May want to check out in advance - can elect to cancel or continue depending on forecast, current weather, etc. Though should absolutely stay off fields if puddles, deep footprints in infield dirt, etc.





Practices

- Plan, plan, plan...
- Keep the players busy by establishing multiple stations
- **Give plenty of time for players to work on simply throwing and catching the ball.**
- Dedicate time to developing pitchers and catchers.
- **Spend time teaching base running, not playing cat and mouse games.**
- Allow the players to practice sliding
- **Create fun games and competition.**
- Pitch batting practice on a line (throw fast, flat pitches)



Games - Prep



- Know which pitchers are eligible re: days rest
- Come to game with batting order and defensive lineup set for all 6 innings.
- Encourage good communication with the team and set expectation that parents let you know when kids won't show or be late.
- Track defensive assignments per game to help balance throughout season.
- Track batting orders. CYA site has spreadsheet that has all this built in.
- Be stats driven. Use stats like QAB to help reward good ABs over results. PT/IN, WHIP for pitchers.
 - Should be happy with a solid line drive that a CF makes a great play on. Not as happy for fluke hits.
 - 8/9 pitch AB that ends in a K is a solid AB. Results will come.





Games - Rules

- **During Games**
 - **at least one** (and no more than three) league approved coaches must remain in the dugout with the players
 - **Scorekeepers** must record game score, pitching stats (counts and innings by pitcher)
- **End of Games**
 - managers must agree to pitch counts by each pitcher
- Regular Season Standings are not kept
 - To encourage playing everyone everywhere
- Must report pitch counts, innings pitched, and game score same day as game





Pitching Rules

- **Maximum pitch counts per day by age**
 - League age 7-8: 50 pitches per day
 - League age 9-10: 75 pitches per day
 - League age 11-12: 85 pitches per day
 - *Players should be limited to approximately 35 pitches for the first couple weeks of the season*
- **Maximum innings pitched per day by division**
 - IP1: 2 innings
 - IP2: 3 innings
 - AP: no limit
- **Managers must report pitch counts after each game**
- A player that has played the position of catcher for parts of 4 or more innings may not pitch that day
- Once removed from the pitcher position, a player may not return as a pitcher for the remainder of the day
- No light colored long sleeve undershirts. No reflective sunglasses





Pitching Rules (Cont.)

- Days of rest required (House and Travel)
 - 1-20 pitches: 0 calendar days
 - 21-35 pitches: 1 calendar day
 - 36-50 pitches: 2 calendar days
 - 51-65 pitches: 3 calendar days
 - 66+ pitches: 4 calendar days

| Age | Daily Pitch limit |
|-------|-------------------|
| 7-8 | 50 |
| 9-10 | 75 |
| 11-12 | 85 |

Example: Player throws 37 pitches on Saturday, two calendar days rest are Sun & Mon – eligible to pitch again on Tue

- Pitchers may exceed thresholds to finish a batter, days of rest and catching eligibility based on threshold





Catching Rules

- A player that has thrown 41 or more pitches OR a player that has played the position of catcher then has thrown 21 or more pitches may not play the position of catcher for the remainder of the day.
- Maximum innings caught per week (Sun – Sat), travel games do NOT count towards the maximum
 - IP1: 6 innings
 - IP2: 8 innings
 - AP: no limit



Other Rules



- Follow the rules
 - there are NO “gentlemen’s agreements”
- All-bat continuous batting order
- **Nobody sits twice fielding before everyone has sat once**
- Infield fly rule in effect
- No player has a bat in their hand (except batter)
- **NEW: One of on-field coaches can warm up pitchers**
 - Players still may warm up pitchers (must wear mask with throat protector)
- ***One minute or 8 warmup pitches (whichever is first)*** between innings
- Use courtesy runners for catcher and pitcher of record when 2 outs (Runner must be batter who made last out)
 - Ensures players ready to take the field next half inning
- During fielding (infield/outfield) practice, player catching balls near a bat must wear a helmet with a mask having throat protector





Pre-game Schedule

- **Team arrives up to 50 minutes before game time**
 - Water & Line fields (normally home team responsibility)
- **Game Time -40 minutes**
 - Home team in both cages, visiting team on field
- **Game Time -25 minutes**
 - Visiting team in both cages, home team on field
- **Game Time -10 minutes – Plate conference**
 - Exchange lineups, to include ineligible pitchers
 - Home team provides 2 (IP1) or 3 (IP2, AP) new baseballs
- **Game Time -10 minutes – Little League Pledge**
 - Teams line up on base paths facing stands
 - One player from each team leads from infield
- **Game Time – Play Ball!**
 - Start on time





Post Game

- Acknowledge opposing team and thank umpires at the end of the games
- ***Both teams - rake*** (with the lines) ***and drag*** the field, remove trash from dugouts, fields, spectator areas
- ***Both managers record game results*** (pitch counts, innings pitched, and innings caught) the day of the game on website





Game Participation

- **Encourage all players to pitch and catch**
- Spread out infield playing time for all players
 - Everyone should have at least 2 innings in the infield each regular season game
- Spread out playing time for all players over the course of the season
- Mix up the batting order
- Players (with helmet on) can occupy first and third base coaches boxes



Game Conduct

- **Highlight effort, not just results**
- All players must remain in the dugout, on the field of play, or in the bullpen (warming up)
 - Restroom visits require a parent escort
 - No food in dugout
 - No on-deck
- **Players should be ready to take the field**
 - Catcher should have gear on, with backup designated to warm up pitcher
 - Bench player to warm up outfielder

IP1 Rules



- 2 hour 10 minutes hard stop ***from scheduled start time***
- **4 run limit** for innings 1-6
- No bunting
- No walks – coach of team hitting finishes at-bat after 4 balls
 - *Strike count remains when coach pitches*
 - *Coach must throw from the rubber*
 - *Throw straight, flat, fast pitches (no slow pitch softball stuff)*
 - *Can be any coach (manager or AC)*
 - *No HBP when coach pitches, batter gets first when HBP by player*
- No player sits out 2 innings defensively before all players have sat 1 inning
- Stealing of 2nd and 3rd permitted, maximum of 1 base per pitch
 - Not allowed on catcher's return throw to the pitcher
 - No stealing of home
 - *Stop the dancing at bases to distract pitchers – just play ball*



IP2 Rules

- 2 hour 10 minutes hard stop ***from scheduled start time***
- **4 run limit** for innings 1-6
- Bunting permitted (*lost art – must teach!*)
- No player sits out 2 innings defensively before all players have sat for 1 inning
- Stealing permitted
 - *Stop the dancing at bases to distract pitchers – just play ball*
- Intentional walks allowed

AP Rules



- 2 hour 10 minutes hard stop ***from scheduled start time***
- **4 run limit** for innings 1-6
- Bunting permitted (*lost art – must teach!*)
- No player sits out 2 innings defensively before all players have sat for 1 inning
- Stealing permitted
- Intentional walks allowed
- Dropped 3rd strike in effect
 - Batter can attempt to advance when no runner on 1st or 2 outs
 - Runners can advance – becomes live ball force outs in effect (i.e. if bases loaded with 2 outs and dropped 3rd, catcher can simply step on home)

Additional Information





Coaching Resources

- Positive Coaching Alliance (www.positivecoach.org)
- Little League Coaching Resource (www.littleleague.org/coaches)
 - Drills & 12 week practice plans
- USA Baseball (www.usabaseball.com)
- Coach Baseball Right (www.coachbaseballright.com)
- Google
- YouTube



Documents

- **Little League Rule Book – Download the App**
 - \$1.99 for lifetime updates
- Documents tab on www.cyall.org
- Chantilly Little League Policies, Procedures, Guidelines, and Local Rules
- ASAP (Safety Plan)
- FAQ
- List of Coaching Resources
- Codes of Conduct
- Field Maintenance Guide
- Common Situations and Rules for Managers
- This presentation



Parents

- Read the Matheny Manifesto (www.mikematheny.com)
- Let the coaches do the coaching
- Cheer for the whole team
- Help out when asked (please!!!)
- Make sure your player is at the field on time, and someone is there to take home

Board Members



- Sean Collins - President
- Frank Nava – Vice President
- David Johnston – Secretary
- Ed Sammler – Treasurer
- Mike Edwards – Player Agent
- Nathan Perkins – League Safety Officer / Marketing
- David Mezzetti – Coaching Coordinator/Travel Coordinator
- Vacant – League Information Officer
- Nick Rhodes - Scholarship/Fundraising
- Giselle DelaCruz – Director of Community Relations / Snack Shack GM
- Carmen Gianninni – Director of Field Maintenance
- Johnny Taggart – Equipment Manager
- David Im – Tee Ball/Coach Pitch Coordinator
- Jon Scheid – Umpire in Chief
- Thomas Philips – Machine Pitch / Single A Coordinator
- Jay Rose – League Scheduler
- David Johnston – Washington Nationals Team Up Liason