



## 2011 Coaches Handbook

Diamond Council of Columbia, Inc. PO Box 576, Columbia, MO 65205  
573-499-9741, [www.diamondcouncil.net](http://www.diamondcouncil.net), [DiamondCouncil@aol.com](mailto:DiamondCouncil@aol.com)



**Diamond Council Of Columbia, Inc.**  
**P. O. Box 576, Columbia, Missouri 65205**  
**573 – 499 – 9741**

# 2011 COACHES HANDBOOK

March 23, 2011





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### 2011 OFFICERS & BOARD MEMBERS

#### Officers

Paul Blythe	President
Amber Wooten	Vice President-Baseball
Jon Wilson	Vice President-Softball
Debbie Glover	Treasurer
Tony Fuchs	Secretary
Debbie Jameson	Executive Director
Steve Hirt	Past-President

#### Board Members

Eric Bales	Nile Kemble
Ron Brown	Ron McMillan
Doug Boyer	Nathan Pulliam
Mike Burks	Tim Roberts
Ken Godon	Kristi Savage-Clarke
Joe Hurtado	Skip Thurman
Joe Innes	Jon Wilson

Contact information on our board member is available on our web site.

All meetings are open to parents, coaches, and others interested. Meetings are usually held the 4<sup>th</sup> Tuesday of each month at 6:30 at the Old Armory located at the corner of 7<sup>th</sup> & Walnut; 2<sup>nd</sup> Floor Conference Room. Call 499-9741 to confirm location and times of meetings.

#### **COMMITTEES, CHAIRS & VOLUNTEERS**

Baseball Commissioner	Amber Wooten
Softball Commissioner	Jon Wilson
Sponsors	Joe Innes, Tim Roberts
Rules	Steve Hirt
League Coordinators	Debbie Jameson
Equipment	Tony Fuchs & Ron Brown – Chairman Tim Roberts, Joe Hurtado
Grievance Committee	Steve Hirt, Debbie Jameson, Amber Wooten, Jon Wilson, Ron McMillan
Umpires	Ron McMillan, Randy Hubbard
Handbooks & Surveys	Steve Hirt
Antimi Concessions Building	Debbie Jameson
Coaches Clinics	Debbie Jameson, Steve Hirt



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### 2011 LEAGUE COORDINATOR INSTRUCTIONS

#### **BOYS BASEBALL**

Age 5 Coed – Amber Wooten 999-3062  
Age 6 – Nile Kemble 356-0043  
Age 7 – Ken Godon 823-5513  
Age 8 – Joe Innes 489-5103  
Age 9 – Doug Boyer 636-288-0800  
Age 10 - Doug Boyer 636-288-0800  
Ages 11-12 – Joe Innes 489-5103  
Ages 13-14 – Nathen Pulliam 660-537-4815  
Ages 15-18 – Michael Burks 489-3678

#### **GIRLS SOFTBALL**

Age 5 Coed – Amber Wooten 999-3062  
Age 6 - Joe Hurtado 673-7489  
Ages 7-8 – Jon Wilson 489-4534  
Ages 9-10 - Eric Bales 823-0906  
Ages 11-12 – Paul Blythe 864-9121  
Ages 13-14 – Paul Blythe 864-9121  
Ages 15-18 – Steve Hirt 424-7908

### Team Formation

Split schools with 16 players 8 & 8 not 3 & 13. Neighborhoods with 12 or 13 players will have their own team. Priority of requests are as follows:

1. Requests of Sponsors for a player or coach. Sponsors who are coaches may only sponsor their own player's team.
2. Request of a Head Coach for one assistant
3. Players of coaches and assistant coaches
4. Mutual teammate requests
5. Neighborhood relationships as determined by the location of the sponsor or head coach.
6. One sided teammate requests may be considered provided the requested player has not had a previous mutual request
7. A request for a coach is not a consideration in forming teams

Late registrations will be placed on teams by the Executive Director based on space available and an updated list will be forwarded to the league coordinators.



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# BASEBALL/SOFTBALL FUNDAMENTALS

**Your first responsibility as a coach is to call your players to let them know what team they are on. This should be done within 48 hours of this clinic.** If you do not call your players, parents and players will begin calling the DC Information Line to obtain the information. Once teams have been set and some players have been notified the word will spread like wild fire. Try to provide the following information on your first call:

- Your name & phone number
- Date & time of parent meeting
- First practice date, time and location
- Verify each player's age to make sure the player is in the correct league.
- Their age is as of April 1 and their Grade in school.

**Coaching a Competitive team versus a Diamond Council Recreational team** When a Competitive team is formed the coach has chosen his players and the players have chosen their coach. Whereas, a Diamond Council team is formed by the league and players and coaches have been assigned by neighborhood. The goals of Competitive and Recreational teams to have fun remains the same; however, the expectations and the measurement of success are different.

Players on your team will have different levels of competitiveness ranging from a social event to wanting to win. Probably each coaches' greatest challenge is arriving at a happy medium on each team. The number one way to conquer this challenge is to have fun and the second method is to provide each player with the opportunity to improve. The five ingredients to improvement are (1) Opportunity (2) Desire (3) Hard Work (4) Willingness to experiment and (5) Ability to change.

## INJURIES

**IF YOU ARE NOT QUALIFIED TO DEAL WITH AN INJURY -- DON'T!! CALL 911 OR SUMMON MEDICAL ASSISTANCE IMMEDIATELY.** All accidents requiring medical attention should be reported to your League Coordinator so the proper insurance forms can be filed. **All players, coaches, managers and volunteers of Diamond Council are covered by an excess medical policy.**

Baseball and softball are dangerous sports

- 1) Always have more than one adult at a practice or a game in case a players' injury requires medical attention. Someone will need to stay with the rest of the team while the player is taken to the hospital.
- 2) Be safety conscious. Be aware of dangerous situations such as the dugout openings
- 3) As many players will be hurt warming up and between innings as will be injured during games.
- 4) Stay in dugouts if not participating
- 5) Ensure that players of similar skill levels are paired during warm up and drills to reduce the potential for injuries

## Diamond Council Equipment Procedure

- 1) Equipment is checked by DC for safety and defects when the equipment is bagged for each team.
- 2) Equipment is checked by DC and the Coach when the Coach picks up the equipment.
- 3) Coaches are instructed at the Coaches' Clinic to notify DC immediately if there is a problem or defect with any of the equipment and it will be replaced immediately.
- 4) Coaches are instructed in the Coaches' Handbook to notify DC immediately if there is a problem or defect with any of the equipment and it will be replaced immediately.
- 5) Equipment is checked by DC and the Coach when the Coach returns the equipment in the fall.



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### PARENT AND PLAYER RESPONSIBILITY TO COACHES

Scheduled games are only part of the total experience of participating in Diamond Council's (DC's) baseball/softball leagues. Practices are important for players to interact with new teammates, learn new skills and become familiar with their coaches. Practices provide players with the opportunity to learn proper techniques and provide coaches with the opportunity to evaluate each player's level of ability. It is important coaches know each player's skill level so the player is not asked to do something which might be hazardous such as catching, pitching, playing first base and bunting to name a few. Safe equipment, fundamentals learned at practice and knowing a player's limitations all help provide a safe and enjoyable playing environment.

Parents and players are expected to extend their coaches and teammates respect and common courtesy. All coaches are volunteers who give their time and energy to provide a wholesome, safe and positive experience for each and every player. DC asks coaches to have four basic rules for their players and teams.

- 1) Respect your teammates, coaches, umpires and opponents.
- 2) Listen to your coaches.
- 3) Play hard.
- 4) Know how to use the telephone, email or text.

If at the end of a practice or a game a player can answer yes to each of these points, then they have done all they can do to be successful and respectful to their coaches and teammates.

### PARENT MEETING

All coaches should have a parent meeting before or after the team's first practice. Experienced coaches know the value of a parent meeting. Parents should expect the following information:

- 1) Distribute practice schedules (game schedules will be mailed to coaches in April)
- 2) Distribute and discuss league rules
- 3) Team parents can be assigned
- 4) Distribute a calling tree
- 5) Outline post game refreshments
- 6) Discuss coaching and substitution philosophy
- 7) Distribute phone numbers of all of the players and coaches
- 8) Distribute player hats and participation medals
- 9) Provide picture date and time information
- 10) Provide information on player clinics
- 11) Meet your parents and know who they are; Be aware of strangers at practices
- 12) Obtain information about any special health problems
- 13) Obtain emergency numbers and the hospital of preference
- 14) Outline cancellation notification of games and practices

Coaching is exciting and rewarding. But from time to time, you may experience difficulty with parents. 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 the season will be an exciting and enjoyable experience for all.

### INCLEMENT WEATHER

Columbia Parks and Recreation will monitor weather conditions and inspect the playing fields to determine if the fields are playable. If the fields are deemed not playable, the games scheduled for those fields will be canceled by 4:00 P.M. The local radio stations will be notified of any cancellations. This information will be available on the **SPORTS HOTLINE (874-7663)**. If no announcements of cancellation have been received, assume the game will be played.



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At the start or during a game, Umpires will use their own judgment on the delay or cancellation of games due to weather conditions. Games will not be played if it is determined such play might result in injury to players or serious damage to the playing fields. If lightning or severe weather is present, take **immediate** action to delay or cancel the game and remove the players from the field.

### RAINOUTS AND MAKEUPS

All teams are scheduled 12-14 games. Rained out games will not be made up unless you are rained out 4 or more games. Coaches will be able to reschedule any game that is rained out if they want. Just schedule the game like you would a practice and contact the opposing coach to schedule the game. Umpires will not be available for these games due to the short notice of some games and irregular game times. The procedure for scheduling additional games will be as follows:

- 1) Contact your players and parents to confirm they want to play on the available dates.
- 2) Contact other teams to setup games.
- 3) Call the DC office to reserve a field.
- 4) Field assignments will be posted on the practice field schedule on the web site.

### TOBACCO AND ALCOHOL

The use of **ANY** tobacco materials, alcohol or other controlled substances is prohibited at all games and practices. Tobacco use is not permitted while on the playing field or in the dugouts at any time, but is allowed outside the confines of the playing field.

### FORFEITS AND PROTESTS

Forfeits and protests are not allowed, except for a team having seven or fewer players. See Shorthanded Rule Page 19.

### OTHER COACH RESPONSIBILITIES

The opportunity to coach a team, either as a head coach or an assistant coach, is a privilege. Complaints related to a coach's conduct will be reviewed, on a case-by-case basis, by the League Coordinator, DC Vice President, League Commissioner and the Executive Director. If the situation or problem cannot be corrected in a manner satisfactory to Diamond Council, the coach will be replaced during the season.

All coaches must be approved by Diamond Council. Coaches have ten primary responsibilities:

- 1) It is the responsibility of each coach to ensure his or her equipment remains in good condition and is safe for use during the season. Diamond Council equipment is inspected for defects when it is returned in the fall and re-inspected for defects at the time of distribution in the spring. **Head coaches are responsible for the return of the equipment at the end of the season. If the equipment is not returned, the coach will be billed for the cost of the equipment (approximately \$400) and the account will be placed for collection if necessary.** Coaches will be notified of return dates and return locations. Diamond Council provides catchers equipment, bats, batting helmets and balls. Team sponsors provide T-Shirts and hats. Players provide shoes, gloves and pants or shorts. **Metal and polyurethane spikes are prohibited in all leagues 12 and under. Metal and polyurethane spikes are approved for ages 13 to 18 for both boys and girls, Recreational and Competitive.**
- 2) To teach their team the fundamentals of the game.
- 3) To ensure their team is on time and ready to play.
- 4) To ensure the substitution rules of Diamond Council are adhered to.
- 5) To notify the Baseball or Softball Commissioner of any injuries requiring medical treatment within 24 hours.



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- 6) To inform the League Coordinator of any problems in field conditions or defective equipment.
- 7) To conduct themselves in a manner becoming their position of responsibility. Coaches are responsible for exemplifying good sportsmanship before, during and after all games and practices. Coaches are to make a concerted effort to promote sportsmanship, teaching players and parents to accept both victory and defeat graciously. Baseball and softball are wonderful games, but they are only games.
- 8) At least one coach, preferably the head coach, from each team is required to attend the appropriate coaching clinic (Basic or Advanced) held by Diamond Council. Diamond Council will pay the clinic fee for one coach from each team. Additional coaches wishing to attend are required to pay their own fees.
- 9) The photographer will notify teams of their photo dates and times. Individual and team pictures are offered to players and parents on an optional basis. However, since the sponsor of each team receives a team picture, please be present for the team photo session.
- 10) Each team must have a head coach and may have one or more assistant coaches. A coach must be present at all practices and all games. This is necessary for insurance purposes.

### Practice Field and Batting Cage Reservations

Diamond Council has 8 fields at Antimi and 2 fields at Albert Oakland available for practices. American Legion will not be available for practice and is limited to age 15-18 teams. At the coaches' clinic or equipment distribution, you were able to sign up for practice fields and/or batting cages. Those will be entered into the practice field schedule on the web site. You can email the DC office to sign up for practices. Check the web site first to see what is available.

If you choose to use the batting cages you will need to furnish your own pitching machine balls. You can purchase pitching machine balls at Red Weir for \$35/dozen. At the end of the season you may return the balls to Red Weir for a refund. All of the machines are set up for baseballs.

**To schedule additional practices** and/or print a practice confirmation, you must check out the practice field schedule on the web site. It is located under the **Information** tab and then select **Coaches**.

- 1) In addition to using Oakland and Antimi fields for practice, neighborhood fields are also available to be reserved through Parks and Recreation by calling 874-7460. After reserving the fields over the phone, **you will have to go to Parks and Recreation to pick up your permit.** They can also fax it to you. The neighborhood fields include: Again St./Pershing, McKee St., Bear Creek, Rock Bridge Bethel, Upper Legion, Douglas, Valley View, Indian Hills
- 2) The fields at Oakland and Antimi are reserved for Diamond Council March 15 through October 15. Any Diamond Council team can use any time slots open on the practice schedule. These times can be reserved each Thursday for the following week. Otherwise open time slots are on a first serve basis at the fields. If a non-Diamond Council team is on the field, does not have a permit and refuses to leave, call the Columbia Police Department at 442-6131.
- 3) Any coach using the pitching machines is responsible for the proper use and the storage of the machine after practice. **All machines are to be returned to the storage shed and locked.** Any coach not using proper care or leaving the machines out after practice will be removed as coach. **If any pitching machines not properly cared for, their use will be changed to a fee basis in order to pay an employee to supervise the use of the machines and cages.**



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- 4) If your team is practicing at night, **you are responsible for turning off the lights** when you are done. The lights on the Antimi red field and Oakland east field have a time delay switch. Whenever the switch is flipped to the off position the lights will remain on for another 10 minutes to allow you time to reach the parking lot. Failure to shut off the lights at the completion of your practice will result in your removal as coach.
- 5) **The combination for all lights and batting cages is 9741.**

### PHILOSOPHY

For every player success will have a different meaning. For some players success will mean hitting a home run, hitting a ball to the grass, getting on base, catching a fly ball, catching a thrown ball or just being involved in a play. Success should be measured in skill improvement, character, quality of effort, sportsmanship and teamwork.

### PRACTICE MANAGEMENT

- 1) Be a teacher first and coach second. The purpose of youth sports is **HAVE FUN** and develop players
- 2) **Development** first and **Winning** if it happens
- 3) Method for determining what positions players will play in games
- 4) Emphasis on the need to **HUSTLE** at all times and why

Keep in mind coaches of players ages 5 to 8 can have the greatest impact on a player's development. Do not expect to be a miracle worker but try to help each improve. In order to completely change a habit a player will need to practice a technique 21 consecutive days so that when a player needs to use the technique in a game under a stress situation they will not revert to their old habit. The biggest advantage of working with players age 6 to 8 is the players usually do not have a lot of bad habits only bad skills because nobody has ever shown correct technique and they have not had time to develop a habit. One thing to remember is that if you have a one-hour practice with twelve players you will be able to give each player five minutes of individual attention. Always encourage your players to practice at home with parents, brothers, sisters and friends.

On field procedures - on one knee during meetings or instruction, no talking and all eyes on coach. This will improve attention and will reduce the amount of distractions. Young players often daydream. Make sure they stay alert.

#### Practice Tips:

- 1) Plan your practice
- 2) Start your practice on time
- 3) Practice means work, but make it enjoyable
- 4) Work on improving weaknesses instead of strengths
- 5) Understand the difference between correction and criticism
- 6) Make it clear what is expected in practice and games
- 7) Setup 3 practice stations at a time; This will expand your practice time from 1 to 3 hours
- 8) Use soft toss for hitting practice
- 9) Use base runners to simulate game situations

#### Plan Your Practice

Have a practice agenda of skills and drills you wish to accomplish and allocate a specific period of time for each drill. Tell your team what you will do at practice, do it and tell your team what you did.

#### Start Your Practice on Time

Be prompt and use your practice time wisely. If you have a one-hour practice time block reserved from 1:00 to 2:00, begin your practice at 12:50. In the ten minutes prior to taking the field you can take care of any discussions with parents, discuss the days practice agenda and even stretch. Also you can give players instruction or review for their first drill, which in most cases will be



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playing catch. Balls can be given to players right before 1:00 and assign a coach to take the players to the outfield to begin the drill. Have one coach or parent be responsible for moving equipment to the dugout. Make sure parents are aware of the time practice will end and be sure the players are picked up promptly.

### Practice Means Work

You can accomplish a lot in one hour but make it fun. Keeping the players busy with multiple workstations and multiple skill drills i.e. combining a soft toss hitting and base running drill. Be creative, kids love to be active.

### Improve Weaknesses

Improving team and player weaknesses will improve the team's level of play more than improving strengths because there is more room for improvement resulting in more success.

### Correction vs. Criticism

Diplomatically correct a player's error in practice. The player learns right at the proper time while it is still fresh in his mind and others learn at the same time. 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.

### Make it Clear What is Expected

Tell the players what is expected. Any items such as using the telephone, no talking when in a group on one knee, hustling and taking instruction.

### Using Multiple Drill Stations

One of the most efficient means of running a practice is multiple workstations. This is a good way to get more parental involvement. Be sure to demonstrate exactly what the players are to do and indicate how long they have to perform the drill i.e. ten ground balls for each player. After all players in a group complete the drill switch groups.

## GAME MANAGEMENT

**Free substitution.** All **Recreational** leagues have free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game. **Competitive** leagues have free substitution and no player participation requirements.

**Courtesy runner** is available for the catcher, use it with two outs.

**Half Inning Changes.** Teams have one minute in each half-inning change of field. If a team is not ready to play the umpire may award balls and strikes.

### Dugout Management

To organize the players so they know when they bat, line up the players on the bench in the order they bat. You may keep the same batting order for the entire year and each game begin wherever you left off in the last game. This simplifies the need to come up with a batting order each game and if a player does not come to the game just skip to the next hitter.





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### PLAYER POSITIONS

PLAYER	1	2	3	4	5	6	7	8	9	10
Ben	1 <sup>st</sup>		CF	P	3 <sup>rd</sup>		RF	C	2 <sup>nd</sup>	
Caleb	2 <sup>nd</sup>		RF	C	1 <sup>st</sup>		LF	SS	3 <sup>rd</sup>	
Ryan	3 <sup>rd</sup>		SS	LF	2 <sup>nd</sup>		CF	P	1 <sup>st</sup>	
Tyson	P	1 <sup>st</sup>		CF	C	3 <sup>rd</sup>		RF	SS	2 <sup>nd</sup>
Kevin	C	2 <sup>nd</sup>		RF	SS	1 <sup>st</sup>		LF	P	3 <sup>rd</sup>
Taren	LF	3 <sup>rd</sup>		SS	P	2 <sup>nd</sup>		CF	C	1 <sup>st</sup>
Chris	CF	P	1 <sup>st</sup>		RF	C	3 <sup>rd</sup>		LF	SS
Tom	RF	C	2 <sup>nd</sup>		LF	SS	1 <sup>st</sup>		CF	P
Zack	SS	LF	3 <sup>rd</sup>		CF	P	2 <sup>nd</sup>		RF	C
Chad		CF	P	1 <sup>st</sup>		RF	C	3 <sup>rd</sup>		LF
Josh		RF	C	2 <sup>nd</sup>		LF	SS	1 <sup>st</sup>		CF
Ronnie		SS	LF	3 <sup>rd</sup>		CF	P	2 <sup>nd</sup>		RF

PLAYER	11	12	13	14	15	16	17	18	19	20
Ben	LF	SS	1 <sup>st</sup>		CF	P	3 <sup>rd</sup>		RF	C
Caleb	CF	P	2 <sup>nd</sup>		RF	C	1 <sup>st</sup>		LF	SS
Ryan	RF	C	3 <sup>rd</sup>		SS	LF	2 <sup>nd</sup>		CF	P
Tyson		LF	P	1 <sup>st</sup>		CF	C	3 <sup>rd</sup>		RF
Kevin		CF	C	2 <sup>nd</sup>		RF	SS	1 <sup>st</sup>		LF
Taren		RF	LF	3 <sup>rd</sup>		SS	P	2 <sup>nd</sup>		CF
Chris	2 <sup>nd</sup>		CF	P	1 <sup>st</sup>		RF	C	3 <sup>rd</sup>	
Tom	3 <sup>rd</sup>		RF	C	2 <sup>nd</sup>		LF	SS	1 <sup>st</sup>	
Zack	1 <sup>st</sup>		SS	LF	3 <sup>rd</sup>		CF	P	2 <sup>nd</sup>	
Chad	SS	2 <sup>nd</sup>		CF	P	1 <sup>st</sup>		RF	C	3 <sup>rd</sup>
Josh	P	3 <sup>rd</sup>		RF	C	2 <sup>nd</sup>		LF	SS	1 <sup>st</sup>
Ronnie	C	1 <sup>st</sup>		SS	LF	3 <sup>rd</sup>		CF	P	2 <sup>nd</sup>



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*Sample with absent players*

PLAYER	PLAYER POSITIONS									
	1	2	3	4	5	6	7	8	9	10
Ben	1 <sup>st</sup>		CF	P	3 <sup>rd</sup>	1 <sup>st</sup>	RF	C	2 <sup>nd</sup>	
Caleb	2 <sup>nd</sup>		RF	C	1 <sup>st</sup>		LF	SS	3 <sup>rd</sup>	
Ryan	3 <sup>rd</sup>		SS	LF	2 <sup>nd</sup>		CF	P	1 <sup>st</sup>	
Tyson	P	1 <sup>st</sup>		CF	C	3 <sup>rd</sup>	2 <sup>nd</sup>	RF	SS	2 <sup>nd</sup>
Kevin	C	2 <sup>nd</sup>		<del>RF</del>	<del>SS</del>	<del>1<sup>st</sup></del>	<del>SS</del>	LF	P	3 <sup>rd</sup>
Taren	LF	3 <sup>rd</sup>		SS	P	2 <sup>nd</sup>		CF	C	1 <sup>st</sup>
Chris	CF	P	1 <sup>st</sup>	RF	RF	C	3 <sup>rd</sup>	1 <sup>st</sup>	LF	SS
Tom	RF	C	2 <sup>nd</sup>		LF	SS	1 <sup>st</sup>		CF	P
Zack	SS	LF	3 <sup>rd</sup>		CF	P	<del>2<sup>nd</sup></del>	<del>RF</del>	<del>CF</del>	C
Chad		CF	P	1 <sup>st</sup>	SS	RF	C	3 <sup>rd</sup>	RF	LF
Josh		RF	C	2 <sup>nd</sup>		LF	<del>SS</del>	<del>1<sup>st</sup></del>	<del>CF</del>	CF
Ronnie		SS	LF	3 <sup>rd</sup>		CF	P	2 <sup>nd</sup>		RF

PLAYER	PLAYER POSITIONS									
	11	12	13	14	15	16	17	18	19	20
Ben	<del>LF</del>	<del>SS</del>	<del>1<sup>st</sup></del>	P	CF	P	3 <sup>rd</sup>	1 <sup>st</sup>	RF	C
Caleb	CF	P	2 <sup>nd</sup>		RF	C	1 <sup>st</sup>	P	LF	SS
Ryan	<del>RF</del>	<del>C</del>	<del>3<sup>rd</sup></del>		SS	LF	2 <sup>nd</sup>	LF	CF	P
Tyson	LF	LF	P	1 <sup>st</sup>	1 <sup>st</sup>	CF	C	3 <sup>rd</sup>	2 <sup>nd</sup>	RF
Kevin	RF	CF	C	2 <sup>nd</sup>		RF	<del>SS</del>	<del>1<sup>st</sup></del>	<del>CF</del>	<del>LF</del>
Taren		RF	LF	3 <sup>rd</sup>		SS	P	2 <sup>nd</sup>	SS	CF
Chris	2 <sup>nd</sup>	SS	CF	<del>P</del>	<del>1<sup>st</sup></del>	<del>CF</del>	RF	C	3 <sup>rd</sup>	LF
Tom	3 <sup>rd</sup>	C	RF	C	2 <sup>nd</sup>		LF	SS	1 <sup>st</sup>	1 <sup>st</sup>
Zack	1 <sup>st</sup>		SS	LF	3 <sup>rd</sup>		<del>CF</del>	<del>P</del>	<del>2<sup>nd</sup></del>	<del>CF</del>
Chad	SS	2 <sup>nd</sup>	1 <sup>st</sup>	CF	P	1 <sup>st</sup>	SS	RF	C	3 <sup>rd</sup>
Josh	P	3 <sup>rd</sup>	3 <sup>rd</sup>	RF	C	2 <sup>nd</sup>	<del>SS</del>	<del>LF</del>	<del>SS</del>	<del>1<sup>st</sup></del>
Ronnie	C	1 <sup>st</sup>		SS	LF	3 <sup>rd</sup>	CF	CF	P	2 <sup>nd</sup>



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### MECHANICS

**1) Throwing.** The quicker players learn the throwing "**POWER POSITION**" the quicker they will enjoy the game. You will find the majority of problems your team will experience on defense will be solved with players who have learned to throw and catch the ball. Continue to reinforce the **POWER POSITION** each time the team plays catch. One method of reinforcing the **POWER POSITION** is to have the players jump into the position every time you say "**POWER POSITION**" whether it be when you are talking to the players or giving instruction. This will become a game for the team similar to Simon says. Reward players for jumping into the **POWER POSITION**. Reward the first player to get in the position by having the player be the first to bat and the first player to get a drink.

Playing catch before practice and before a game may be the most important five to ten minutes of the day. Players need to focus on the playing catch as part of the warm up routine. Some things a coach can do is count the number of balls caught or dropped in one minute and challenge the team to improve during the next minute. At the end of the warm up period have a contest to see who can throw and catch from the farthest distance. Try to have a goal of having all players to be able to throw at least half a base distance.

After placing a player in a **POWER POSITION**. Weight on the back foot; elbow away from the body and no lower than shoulder level; point your glove to the target and pull to your side and throw; follow through with the weight shift to your front foot and finish by following through with their right hand on their left pocket for right handed throwers.

Have the players learn to throw on command. Use the following commands:

Set (Both hands at the belt)  
Separate (Weight back)  
Throw

Players will have 100% of their weight on their back foot on the Separate Command and will finish with 100% of their weight on their front foot on the Throw command. To begin to teach the throwing motion, use shadow throwing. The players will concentrate more on what you are instructing and demonstrating without the distraction of watching where the ball is thrown.

When players catch a ball, have the players step to the ball with their left foot for right-handed throwers.

Throwing Drills:

Throwing for distance and accuracy  
Rolling ground balls to your partner and pop to the power position but do not throw  
Rolling ground balls to your partner and pop to the power position and throw

Throwing Problems:

Body does not begin at a 90-degree angle with target  
Hand and ball are taken behind throwing shoulder  
Not following through to left knee  
Elbow is lower than shoulder  
Front foot should land at a 45-degree angle to target  
Weight remains on back foot no follow through

### 2) Fielding

Proper fielding position:

Heel to toe  
Slide feet twice shoulder width apart  
Elbows on knees  
Slide elbows off



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For the ready position, feet should be heel to toe and the player should be on the balls of their feet.

To develop proper fielding technique, have players roll ground balls to each other. Before a player rolls a ground ball, they must be sure their partner is in the proper ready fielding position.

Roll ground balls to their partner; field

Set (Ready fielding position; toe-to-toe & twice shoulder width)

Roll

Field (Heel to toe; twice shoulder width)

Release

Roll ground balls to their partner; field and pop to the throwing "Power Position", but do not throw.

Set (Ready fielding position; toe-to-toe & twice shoulder width)

Roll

Field (Heel to toe; twice shoulder width)

Pop (Jump heel to heel into the "Power Position")

Release

Roll ground balls to their partner and pop to the throwing "Power Position" and throw.

Set (Ready fielding position; toe-to-toe & twice shoulder width)

Roll

Field (Heel to toe; twice shoulder width)

Cradle (Glove to the stomach)

Pop (Jump heel to heel to the "Power Position")

Throw (Finish with right hand on left pocket)

Release

### **Be sure to have your fielders be aggressive to the ball**

Ground ball drills:

Single cone 1) Shuffle side-to-side 2) Crossover 3) Slide & Glide

Double cones 1) Ground ball left 2) Ground ball right 3) Fly ball over the shoulder

Speed ground ball drill (reps of 5)

Flip right & left

Watching a numbered ball to the glove

### **3) Batting (Balance, shoulder drive, balance, and wrist and rotation).**

Batting tees and soft toss are probably the best method to teach a player to hit. Coaches and players at all levels including college teams and major league teams use batting tees and soft toss to improve their hitters and develop technique.

Placement of the batting tee is the most important factor for T-Ball hitters. The stem of the batting tee should always be in front of the leg closest to the pitcher. Placement of the tee farther back in the stance encourages poor techniques and develops bad habits.

There are many soft toss techniques but the best of the methods for beginners is from the side. Proper soft toss should always be thrown from the kneeling position. One of the most significant benefits of soft toss is the number of repetitions a hitter will have is five to ten times more than live pitching.

Building the hitting stroke can be done through the use of commands and repetition. Take a few minutes and explain what you want. Have your players shadow swing if you do not have enough bats.



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Have the players learn the following commands;

- Ready
- Set
- Contact (Contact position)

After your players can follow the commands then use;

- Ready
- Set
- Contact (Contact position)
- Swing

Hitting Drills:

- Soft toss from the side
  - Speed drill sets of five
  - Bounce for balance
- Place a ball behind your back and command;
  - Set
  - If you show the ball the player swings
  - If you do not show the ball the player stops at the contact position

Hitting problems:

- Proper stance
- Grip
- Balance
- Rotation
- Swing
- Lock front leg

#### 4) Base Running

- Practice running the bases within other drills
- It does not matter which foot you touch a base with
- Hit and run to first base drill w/coach and first base signals

Be aggressive and know where the ball is at all times. Once a player reaches a base their objective is to get to the next base. If the ball is not at your base you should always hold your lead until the ball is returned to the pitcher. Always make the opponent think that if they make a mistake that you will take the extra base. Things as simple as returning the ball to the pitcher can mean an extra base.

Coaches instructions to base runners will be **GO, BACK, HOLD or TAKE A TURN**. Take "**NO**" out of your vocabulary; NO sounds too much like GO. Big signals. Be sure your players know your hand signals for STOP and KEEP GOING.



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# PHONE NUMBERS

RAINOUT HOTLINE	874 – 7663 (1,1)
RAINOUT SCHEDULES (CAROL RINEY)	874 - 7466
COLUMBIA POLICE DEPT.	442 - 6131
LEAGUE COORDINATORS Rule problems Coach, fan or player complaints	See Page 3
BASEBALL COMMISSIONER (Amber Wooten)	999-3062
SOFTBALL COMMISSIONER (Jon Wilson)	489-4534
FACILITY PROBLEMS (Carol Riney)	874 - 7466 Rest rooms, fields, lights, trash etc. If immediate help is required at Antimi, call the Park Supervisor (Obtain number from the Concession Stand).
EQUIPMENT PROBLEMS (Tony Fuchs or Ron Brown)	Tony 875-1050 or 881-8585 Ron 489-0983
UMPIRE PROBLEMS (Bobby Chick-REC) (Debbie Jameson- COMP)	874 - 7706 499 - 9741
BATTING CAGE COMBINATION	9741
LIGHT SWITCH COMBINATION	9741
INJURY & INSURANCE FORMS	499 - 9741



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# BASEBALL GENERAL RULES

Diamond Council Leagues, ages 13-18, follow the Missouri State High School Activities Association (MSHSAA) rules for baseball with the exceptions noted below. All other baseball leagues follow USSSA rules with the exceptions noted below.

### Organization of Leagues

Boys Recreational age 5  
Boys Recreational age 6  
Boys Recreational age 7  
Boys Recreational age 8  
Boys Recreational ages 9 to 10  
Boys Recreational ages 11 to 12  
Boys Recreational ages 13 to 14  
Boys Recreational ages 15 to 18

Boys Competitive age 9  
Boys Competitive age 10  
Boys Competitive age 11  
Boys Competitive age 12  
Boys Competitive age 13  
Boys Competitive age 14

The player's age as of April 1 and/or grade in school of the current year will determine in which league the player will be eligible to play. No player may "play up" to an older league or "play down" to a younger league without the approval of the Board.

### Field Dimensions

	Baseline <u>Distances</u>	Pitching <u>Distances</u>
Ages 5	50 feet	T-BALL
Ages 6	50 feet	T-BALL/Coach Pitch
Ages 7 & 8	60 feet	Coach Pitch– 35 feet
Ages 9 & 10	65 feet	46 feet
Ages 11 & 12	70 feet	50 feet
Ages 13 & 14	80 feet	54 feet
Ages 15 - 18	90 feet	60 feet, 6 inches

### Uniforms and Equipment

Teams must be uniformly dressed. T-shirts and caps will be provided to all players. **Shirt tails must be completely tucked in at all times.**

**Metal spikes are prohibited in leagues 12 and under.** Turf style shoes are recommended. Metal cleats are allowed in both recreational and competitive ages 13-18.

All catchers must wear a protective cup, helmet with mask and throat protector, shin guards and a chest protector. All players warming up a pitcher, on or off the field, must wear a helmet with mask and throat protector.

### Batting helmets

- 1) Maximum protection helmets are required.
- 2) Batters, on-deck batters, batboys and base runners must wear batting helmets. A batter will not be allowed to participate if they refuse to wear such a helmet. However, oversight of the helmet's use is not an infraction of this rule.



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- 3) If a player intentionally removes the helmet, the player's team will receive a warning. Any further violation will result in the removal of that player from the game.
- 4) Any player coaching in a coach's box must wear a batting helmet.
- 5) Players permitted to be out of the dugout, by rule, while on offense must wear a helmet. For example, a batter who strikes out or is retired while running the bases must wear the helmet until they have entered the dugout.
- 6) Only one batter at a time can be warming up and must be in the on deck circle. The batter must be on their teams' side of the field.

### Game Length

#### Boys Recreational

Age 5	No new inning after 1 hour; Game is ended at 1 hr 10 minutes
Age 6	No new inning after 1 hour; Game is ended at 1 hr 10 minutes
Age 7	No new inning after 1 hour; Game is ended at 1 hr 10 minutes
Age 8	No new inning after 1 hour; Game is ended at 1 hr 10 minutes
Ages 9 & 10	No new inning after 1 hour; Game is ended at 1 hr 25 minutes
Ages 11 - 14	No new inning after 1 hr 25 minutes; Game is ended at 1 hr 40 minutes
Ages 15 - 18	No new inning after 1 hr 40 minutes; Game is ended at 1 hr 55 minutes

#### Boys Competitive

Ages 9 & 10	7 innings or 1 hour and 30 minutes
Ages 11 - 14	7 innings or 1 hour and 45 minutes

In order to speed up the game, each coach should have an inning-by-inning defensive lineup prepared so players will know what position they are playing and the catcher will have their equipment ready. **If the catcher is on base with two outs, a courtesy runner must be provided.**

The starting time for each game will be established at the coin flip. Any inning started within the time limit will be completed. A new inning begins the instant the third out is made in the previous inning.

The batting order and player positions should be established prior to the start of the game and alternations made during the game.

### INCLEMENT WEATHER

In case of rain, a game reaching three complete innings or over one half of the time limit will be considered a complete game.

See page 7.

### Pregame Warm-ups

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits. Pitchers may not take warm-up pitches from the mound prior to taking the field to begin the game.

### Competitive Players

Competitive players are permitted to participate in Recreational leagues, however, the player must play up at least one age division. Competitive players are permitted to pitch on their Recreational team.

### Shorthanded Rule

The purpose and spirit of this rule is for teams to be able to play games even if circumstances leave a team with only seven players to start a game. The main purpose of DC leagues is to PLAY BALL. DC always wants to provide the opportunity to play a game for the players that do show up.



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Teams must have at least 7 players to start a game. If a team has at least seven players, the coach may request the other team provide players from their roster on an alternating basis to play defense only. This will be the last player listed in the batting order in the first inning or the last player to complete an at bat in the prior inning. For purposes of this rule, the team that is short of players will bat first (visitors) in the first inning.

Teams may borrow players from the opposing team for defensive purposes only. The shorthanded team will bat a fixed roster and **will not** have to take an out in the eight and nine positions of the batting order. If a team is short players (less than 9), the team may **only** pick up additional players from other DC teams in your league or a younger league (including your opponent). These players will count as part of your seven players required to start a game. Recreational teams may only pick up players from DC Recreational league teams. Competitive teams may pick up players participating on either a DC Recreational league team or a DC Competitive league team.

You may pick up enough players to field 9 players. The pick up player(s) must bat at the bottom of the line up, preferred positions would be outfield, so that your regular players would get to play infield, however, this is not mandatory. A pick up player may not pitch, unless the opposing coach agrees to allow the player to pitch. This would be if your team is short of pitchers.

If a regular team member comes late to the game, he is added to the bottom of the line up and may play. The pick up players may continue to play, however, all regular team members should have priority to play in the field, and pick up players may continue to bat in the line up and play the field.

### **Forfeits and Protests**

Forfeits and protests are not allowed, except for a team having six or fewer players. See Shorthanded Rule above.

### **Player Participation**

All Recreational leagues have free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game.

Competitive leagues have free substitution and no player participation requirements.

For Recreational leagues ages 5-12, a player may not continually play the same position for more than two consecutive innings, however in the Recreational League, age 10-11, a pitcher may pitch 3 consecutive innings. All league team batting orders will be fixed throughout the game and must include all players in attendance.

### **Pre-game infield**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

Any player warming up the pitcher, in the crouch position, is required to wear a catcher's helmet with a mask and throat protector.

### **Half Inning Changes**

Each team will have one minute to change sides each half inning. If the pitcher does not have the ball ready to pitch or if the catcher is not in the catchers box ready to catch within this time limit, a ball may be charged. If the batter is not in the box ready to bat, a strike may be charged.



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Between half innings during the change of field, only players and coaches equipped with gloves may participate in warm-ups. **Coaches may not stand in the batter's box while the pitcher is taking their warm-up pitches.** This is a safety issue. Umpires have the authority to correct any unsafe circumstances which they deem to be a safety hazard to players, coaches and fans.

### Tied Games

All Recreational and Competitive games tied at the end of the time limit will end in a tie. No extra innings will be played.

### Batters and Coaches Signals

After entering the batters box, a batter may not leave the batters box to receive coaching signals. After a pitch, unless forced out of the box by playing action, a batter may only step out of the box with one foot to receive coaching signals.

### Base Running

If a play is being made on the batter-runner at first base, the batter-runner must step on the outside 1/2 of the base. A warning will be given for the first infraction of this rule by each player. Thereafter, the batter-runner will be declared out if the rule is violated. This will not be considered a force-out. The out will be considered to occur after the end of the play, thus allowing a runner on third base to score.

### Leadoff and Stealing Boys **Recreational**

	<u>Lead off</u>	<u>Stealing</u>	<u>Stealing of Home</u>
Boys 5 Rec	None	None	None
Boys 6 Rec	None	None	None
Boys 7 Rec	None	None	None
Boys 8 Rec	None	None	None
Boys 9 & 10 Rec	Yes	Yes*	None*
Boys 11-18 Rec	Yes	Yes	Yes

\* Stealing is permitted. Only one base may be advanced per pitch, irregardless of an overthrown ball. No stealing of Home even if a play is made on the base runner. . A player can only advance Home from a hit, walk or base award by the umpire. **Runners are still at risk to be put out.**

Leadoff and stealing all Boys **Competitive** - Straight USSSA Rules

### Courtesy Runner

In Boys Recreational ages 7-12 a **courtesy runner must replace the catcher if the catcher is on base after two outs.** The substitute runner must take the same base as the catcher occupied. The substitute runner must be a player not playing defense in the game, however, if a substitute is not available, then the second out of the inning will become the courtesy runner.

### Pitching Rules

Boys Ages 9-18 Leagues:

- A. Any player may pitch.
- B. Three outs constitutes an inning pitched.
- C. Boys Recreational ages 9-10 pitchers are limited to pitch three innings per game.
- D. Boys Recreational ages 9-10 pitchers must be removed if he or she hits two batters in an inning or issues seven walks in an inning.
- E. Boys Recreational ages 11-14 pitchers are limited to three innings per game but not more than 7 innings in 3 days.



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- F. There shall be a maximum of five pitches or one minute between innings unless the home plate umpire rules otherwise. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.
- G. The "hidden ball" trick is not allowed. The pitcher may not stand on, or near the pitching rubber without the ball in an effort to deceive the runner. Near the pitching rubber is defined as being within 8 feet. Violation of the rule is a balk.
- H. A coach is allowed one defensive conference per pitcher per inning. If a second conference is called, the pitcher must be replaced for the remainder of the inning.
- I. Any player warming up the pitcher, in the crouch position, is required to wear a catcher's helmet with a mask, throat protector, and a cup.
- J. **Coaches may not stand in the batter's box while the pitcher is taking their warm-up pitches.** This is a safety issue. Umpires have the authority to correct any unsafe circumstances which they deem to be a safety hazard to players, coaches and fans.

**Unsportsmanlike conduct** on the part of players, coaches or fans will not be tolerated this includes trash talking or taunting, i.e. hey batter, batter swing. Players may only direct their comments and chatter to their own teammates. Umpires may, but are not required to, warn players, coaches or fans of unacceptable conduct. Unsportsmanlike conduct will result in ejection from the game. Any player, coach or fan throwing any object on the field or in the dugout, will be warned for the first offense and ejected on the second offense. If a player or fan is ejected, the Head Coach may also be ejected at the discretion of the umpire. A second ejection of an offending fan, player or coach will result in the suspension for the remainder of the season. DC reserves the right to suspend a coach, player, parent or fan at any time during the season. As a coach, if you have a problem with a coach or a player from the opposing team, discuss the problem with the umpire and let the umpire handle the problem. **Do not confront the opposing coach or player.** If the problem does not get resolved then call your league coordinator.

An **injured player** who is bleeding must be removed from the game and treated immediately. If the player was on defense, he or she may be replaced by any player not in the game. If the player was batting, the count will be reset and the next batter in the lineup will bat. If the player was a base runner, they must be replaced by a player not in the game. In the event that there is no player who is not in the game, the injured player must be replaced by the player who made the previous out.

### Miscellaneous Rules

The "home" team shall keep the official score book for the purpose of maintaining the correct batting order for each game and to let the umpire know maximum number of runs/inning.

Designated coaches and players will be the only persons who may sit on the bench.

All players must remain in the dugout except when batting, playing defense, warming up in the on-deck circle or coaching in the coach's box. Penalty for not adhering to this rule will be a team warning on the first violation. For subsequent violations, the offending player will lose their next turn at bat and no out is recorded.

Designated hitters are not allowed.



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# BOYS BASEBALL RECREATIONAL DIVISION RULES

### Coed Division Age 5 T-Ball

#### GENERAL

- A. R.I.F. 5 (Reduced Injury Factor) ball will be used
- B. Each team will provide one umpire for the game
- C. A new inning may not start after 1 hour. The game is ended at 70 minutes.
- D. Base distance 50 feet

#### SUBSTITUTION

Free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. A coach may opt to have all players take the field during defense. If this is done, only 6 players may be on the infield, all other players must be in the outfield (grass area). Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play both infield and outfield in each game. A player may not continually play the same position for more than two consecutive innings.

#### BATTING & BASE RUNNING

- A. A half inning is complete after the entire team roster has batted once. The entire roster will bat each inning regardless of runs or outs. Team batting orders will be fixed throughout the game and must include all players in attendance. Each player must play a minimum of two defensive innings. This rule is mandatory if the player is able to play. Violation of this policy will result in disciplinary action by DC.
- B. Batter on Deck will be behind the batter and up the fence line or behind the coach. So that they do not get hit by a bat.
- C. Batter should be warned about throwing the bat.
- D. All players must wear a helmet at all times when out of the dugout on offense.
- E. Bunts and half swings are not allowed.
- F. Strikes will not be counted. Each player will bat until they hit the ball.
- G. The first bat-throwing incident, either intentional or careless, will result in a bench warning. The second offense will result in an out.
- H. The home team will bat in the last inning regardless of score.
- I. A batted ball must stop on or beyond 10-foot in front of home plate to be a fair ball.
- J. No lead-offs or stealing.
- K. A play is over when the ball is returned to the infield and is controlled by an infielder on the infield. If a runner has passed the halfway mark between bases when the play stops, the runner will be awarded the next base. If the runner has not passed the halfway mark, the runner must go back to the last base touched.
- L. If a player is put out by the defense, he is out and will go to the dugout.

#### DEFENSE

- A. The infield fly rule does not apply.
- B. All players can play defense at the same time, 6 of which are infielders.
- C. A play is over when the ball passes through the pitchers circle or the ball is controlled by an infielder on the infield.
- D. Two defensive coaches are allowed on the field.
- E. The catcher must wear a batting helmet with a facemask while playing defense.



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### Boys Recreational Division Age 6

#### GENERAL

- A. R.I.F. 5 (Reduced Injury Factor) ball will be used
- B. Each team will provide one umpire for the game
- C. A new inning may not start after 1 hour. The game is ended at 1 hour and 10 minutes.
- D. Base distance 50 feet

#### SUBSTITUTION

Free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. A coach may opt to have all players take the field during defense. If this is done, only 6 players may be on the infield, all other players must be in the outfield (grass area). Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play both infield and outfield in each game. A player may not continually play the same position for more than two consecutive innings.

#### BATTING & BASE RUNNING

- A. Coaches and batters will have the option to hit off of the tee or coach pitch; after 4 pitches from the coach the batter must hit off of the tee.
- B. A half inning is complete after the entire team roster has batted once. The entire roster will bat each inning regardless of runs or outs. Team batting orders will be fixed throughout the game and must include all players in attendance. Each player must play a minimum of two defensive innings. This rule is mandatory if the player is able to play. Violation of this policy will result in disciplinary action by DC.
- C. Batter on Deck will be behind the batter and up the fence line or behind the coach. So that they do not get hit by a bat.
- D. Batter should be warned about throwing the bat.
- E. All players must wear a helmet at all times when out of the dugout on offense.
- F. Bunts and half swings are not allowed.
- G. Strikes will not be counted. Each player will bat until they hit the ball.
- H. The first bat-throwing incident, either intentional or careless, will result in a bench warning. The second offense will result in an out.
- I. The home team will bat in the last inning regardless of score.
- J. A batted ball must stop on or beyond 10-foot in front of home plate to be a fair ball.
- K. No lead-offs or stealing.
- L. A play is over when the ball is returned to the infield and is controlled by an infielder on the infield. If a runner has passed the halfway mark between bases when the play stops, the runner will be awarded the next base. If the runner has not passed the halfway mark, the runner must go back to the last base touched.
- M. If a player is put out by the defense, he is out and will go to the dugout.

#### DEFENSE

- A. The infield fly rule does not apply.
- B. All players can play defense at the same time, 6 of which are infielders.
- C. A play is over when the ball passes through the pitchers circle or the ball is controlled by an infielder on the infield.
- D. Two defensive coaches are allowed on the field.
- E. The catcher must wear a batting helmet with a facemask while playing defense.



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### Boys Recreational Division Age 7

#### GENERAL

- A. A R.I.F. 5 (Reduced Injury Factor) ball will be used.
- B. Each team will provide one parent umpire for the game
- C. A new inning may not start after 1 hour. The game is ended at 1 hour and 10 minutes.
- D. Base distance 50 feet on Tball Fields, 60 on other fields

#### SUBSTITUTION

Free substitution. All Recreational leagues have free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game.

#### BATTING & BASE RUNNING

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. No walks.
- C. There is a limit of six pitches or four strikes per batter unless the sixth pitch or the fourth strike is a foul ball; then, there will be additional pitches until there is no contact.
- D. No lead-offs or stealing.
- E. A play is over when the ball is returned to the infield and is controlled by an infielder on the infield. If a runner has passed the halfway mark between bases when the play stops, the runner will be awarded the next base. If the runner has not passed the halfway mark, the runner must go back to the last base touched.
- F. **A courtesy runner must replace the catcher if the catcher is on base after two outs!** The substitute runner must take the same base as the catcher occupied. The substitute runner must be a player not playing defense in the game, however, if a substitute is not available, then the second out of the inning will become the courtesy runner. The catcher shall immediately put on equipment and be prepared to warm-up the pitcher between innings.
- G. The Five Run Rule: A team cannot score more than five runs in an inning.

#### PITCHING

A coach from each team will pitch to his or her own players. Coaches may take several balls to the pitching rubber. We suggest a second coach get behind the catcher and retrieve passed balls. This is to help speed up the game. There will be a player in the pitching position for fielding purposes. The player must begin in the pitchers circle.

#### DEFENSE

- A. The infield fly rule does not apply.
- B. Ten players are allowed with the tenth player being an outfielder. 6 players may be on the infield, all other players must be in the outfield (grass area)
- C. A play is over when the ball is returned to the infield and is controlled by an infielder on the infield.
- D. Two defensive coaches are allowed on the field.



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### Boys Recreational Division Age 8

#### GENERAL

- A. A R.I.F. 5 (Reduced Injury Factor) ball will be used.
- B. Each team will provide one umpire for the game
- C. A new inning may not start after 1 hour. The game is ended at 1 hour and 10 minutes.
- D. Base distance 50 feet on Tball Fields, 60 on other fields

#### SUBSTITUTION

Free substitution. All Recreational leagues have free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game.

#### BATTING & BASE RUNNING

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. No walks.
- C. There is a limit of six pitches or four strikes per batter unless the sixth pitch or the fourth strike is a foul ball; then, there will be additional pitches until there is no contact.
- D. No lead-offs or stealing.
- E. A play is over when the ball is returned to the infield and is controlled by an infielder on the infield. If a runner has passed the halfway mark between bases when the play stops, the runner will be awarded the next base. If the runner has not passed the halfway mark, the runner must go back to the last base touched.
- F. **A courtesy runner must replace the catcher if the catcher is on base after two outs!** The substitute runner must take the same base as the catcher occupied. The substitute runner must be a player not playing defense in the game, however, if a substitute is not available, then the second out of the inning will become the courtesy runner. The catcher shall immediately put on equipment and be prepared to warm-up the pitcher between innings.
- G. The Five Run Rule: A team cannot score more than five runs in an inning.

#### PITCHING

A coach from each team will pitch to his or her own players. Coaches may take several balls to the pitching rubber. We suggest a second coach get behind the catcher and retrieve passed balls. This is to help speed up the game. There will be a player in the pitching position for fielding purposes. The player must begin in the pitchers circle.

#### DEFENSE

- A. The infield fly rule does not apply.
- B. Ten players are allowed with the tenth player being an outfielder. 6 players may be on the infield, all other players must be in the outfield (grass area)
- C. A play is over when the ball is returned to the infield and is controlled by an infielder on the infield.
- D. Two defensive coaches are allowed on the field.



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### Boys Recreational Division (Ages 9 – 10)

#### GENERAL

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. A R.I.F. 10 (Reduced Injury Factor) ball will be used.
- C. Run spreads will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.
- D. A new inning may not start after 1 hour and 10 minutes. The game is ended at 1 hour and 25 minutes.
- E. Base distance 65 feet
- F. Pitching distance 46 feet

#### SUBSTITUTION

Free substitution. All Recreational leagues have free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game. Pitcher can pitch three innings per game (9 outs).

#### BATTING & BASE RUNNING

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. The batter is out on a dropped third strike.
- C. Batters hit by a pitch will be awarded first base.
- D. Stealing or advance is permitted. Only one base may be advanced per pitch, irregardless of an overthrown ball. No stealing of Home even if a play is made on the base runner. . A player can only advance Home from a hit, walk or base award by the umpire. **Runners are still at risk to be put out.**
- E. **A courtesy runner must replace the catcher if the catcher is on base after two outs.** The substitute runner must take the same base as the catcher occupied. The catcher shall immediately put on equipment and be prepared to warm-up the pitcher between innings. The substitute runner must be a player not playing defense in the game, however, if a substitute is not available, then the second out of the inning will become the courtesy runner.
- F. The Five Run Rule: A team cannot score more than five runs in an inning.

#### PITCHING

- A. Pitching Mounds will be used when available.
- B. Special Pitching Rules:
  - 1. Pitcher may not pitch more than three innings in a game and no more than 5 innings in a three day period.
  - 2. Three outs will constitute an inning pitched. Each out is one third of an inning.
  - 3. A coach who violates these rules can be given a warning for the first offense. The second offense will result in the coach's dismissal.
  - 4. A pitcher must be removed if they hit two batters in an inning or issue seven walks in an inning.
- C. The strike zone will be expanded to the top of the shoulder to the bottom of the knee.

#### DEFENSE

- A. The infield fly rule does not apply.
- B. Nine players are allowed with three players being outfielders. 6 players may be on the infield, the three outfielders must be on the outfield (grass area) at the beginning of each pitch.
- C. No defensive coaches on the field
- D. Teams will have one minute or five pitches between innings. If the catcher is getting into the catchers gear another player or coach should warm-up the pitcher. The home plate umpire may award balls and strikes for teams and players not ready to hit or pitch.
- E. Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.



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### Boys Recreational Division (Ages 11 – 12)

#### GENERAL

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Run spreads will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.
- C. A new inning may not start after 1 hour and 25 minutes. The game is ended at 1 hour 40 minutes.
- D. Base distance 70 feet
- E. Pitching distance 50 feet

#### SUBSTITUTION

Free substitution. All Recreational leagues have free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game.

#### BATTING & BASE RUNNING

- A. Team batting orders will be fixed throughout the game and must include all players in attendance. Batting orders should change from game to game.
- B. Stealing is permitted and lead-offs are permitted.
- C. **A courtesy runner must replace the catcher if the catcher is on base after two outs.** The substitute runner must take the same base as the catcher occupied. The catcher shall immediately put on equipment and be prepared to warm-up the pitcher between innings. The substitute runner must be a player not playing defense in the game, however, if a substitute is not available, then the second out of the inning will become the courtesy runner.
- D. The Five Run Rule: A team cannot score more than five runs in an inning.

#### PITCHING

- A. Pitching Mounds will be used when available.
- B. Special Pitching Rules:
  - 1. Pitcher may not pitch more than three innings in a game and no more than seven innings in a three-day period. A coach who violates this rule will be given a warning for the first offense. The second offense will result in the coach's dismissal.
  - 2. A pitcher must be removed if they hit two batters in an inning or issue seven walks in an inning.
- C. Teams will have 1 minute or five pitches between innings. If the catcher is getting into the catchers gear another player or coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

#### DEFENSE

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.



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### Boys Recreational Division (Ages 13-14) and Boys Recreational Division (Ages 15-18)

#### GENERAL

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Run spreads will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.
- C. A new inning may not start after 1 hour 40 minutes. The game is ended at 1 hour 55 minutes.
- D. Base distance 90 feet (Leagues age 13-14 may use 80 feet when available)
- E. Pitching distance 60'6" (Leagues 13-14 may use 54' when available)

#### Equipment

**Metal cleats are allowed in Leagues age 13-18 only.**

#### SUBSTITUTION

Free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who play two consecutive defensive innings cannot play a third inning if another player has only played one defensive inning. Starting lineups must change from game to game.

#### BATTING & BASE RUNNING

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. The Seven Run Rule for Boys Recreational Division age 13-14 only: A team cannot score more than seven runs in an inning.

#### PITCHING

- A. Pitching Mounds will be used when available.
- B. Pitchers are **not** limited to innings pitched per game or per week.
- C. Teams will have 1 minute or five pitches between innings. All players must be ready to pitch and hit at the end of one minute. If the catcher is getting into gear another player or coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

#### DEFENSE

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.



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# Recreational Division BASEBALL RULES

	Ages 5-6	Ages 7-8	Ages 9-10	Ages 11-12	Ages 13-14	Ages 15-18
Game Length	60 Min	60 Min	70 Min	85 Min	100 Min	100 Min
Drop Dead Time	70 Min	70 Min	85 Min	100 Min	115 Min	115 Min
Base Distance	50'	60'	65'	70'	80'	90'
Pitching Distance	NA	35'	46'	50'	54'	60'6"
Ball	RIF 5	RIF 5	RIF 10	Senior	Senior	Senior
Free Substitution	X	X	X	X	X	X
Opportunity to						
Play Infield	X	X	X	X		
Bat Entire Roster	X	X	X	X	X	X
Home Team Bats						
Last Inning	X					
Dropped Third Strike-Batter Out			X			
No Walks	X	X				
No Lead Offs	X	X				
No Stealing	X	X				
Courtesy Runner		X	X	X		
Inning Run Rule		5	5	5	7	
Run Spread 12/3; 10/4; 8/5				X	X	X
Tied Games End		X	X	X	X	X
Runners Stop When						
Ball Controlled	X	X				
Pitch Limit/Batter		6				
Defensive Coaches						
on Field	2	2				
Number of Defensive						
Players	All	10				
No Infield Fly Rule	X	X	X			
Innings						
Pitched/Game			3	3	3	
Pitched in three days					7	7
Metal Spikes Allowed					X	X
Umpires	None	None	1	2	2	2



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# BASEBALL Competitive DIVISION RULES

Diamond Council Competitive leagues follow the USSSA Competitive rules for baseball. Any Diamond Council League specific changes and/or clarifications are listed below.

Field Dimensions	Baseline	Pitching
Boys ages 9-10	65 feet	46 feet
Boys ages 11-12	70 feet	50 feet
Boys ages 13-14	80 feet	54 feet

Pitching Mounds will be used when available.

### Uniforms and Equipment

Teams must be uniformly dressed. Shirttails must be completely tucked in at all times. **Metal cleats are allowed in Leagues ages 13-14 only.**

All catchers must wear a protective cup, helmet with mask and throat protector, shin guards and a chest protector. All players warming up a pitcher, on or off the field, must wear a helmet with mask and throat protector.

### Stealing

Stealing is allowed in all ages groups.

### Substitution

Free substitution. Team batting orders will be fixed throughout the game and must include all players in attendance. Courtesy runners may be used for the pitchers and catchers.

### Shorthanded Rule

The purpose and spirit of this rule is for teams to be able to play games even if circumstances leave a team with only seven players to start a game. The main purpose of DC leagues is to PLAY BALL. DC always wants to provide the opportunity to play a game for the players that do show up.

Teams must have at least 7 players to start a game. If a team has at least seven players, the coach may request the other team provide players from their roster on an alternating basis to play defense only. This will be the last player listed in the batting order in the first inning or the last player to complete an at bat in the prior inning. For purposes of this rule, the team that is short of players will bat first (visitors) in the first inning.

Teams may borrow players from the opposing team for defensive purposes only. The shorthanded team will bat a fixed roster and **will not** have to take an out in the eight and nine positions of the batting order. If a team is short players (less than 9), the team may **only** pick up additional players from other DC teams in your league or a younger DC league (including your opponent). These players will count as part of your seven players required to start a game. Competitive teams may pick up players participating on either a DC Recreational league team or a DC Competitive League team.

You may pick up enough players to field 9 players. The pick up player(s) must bat at the bottom of the line up, preferred positions would be outfield, so that your regular players would get to play infield, however, this is not mandatory. A pick up player may not pitch, unless the opposing coach agrees to allow the player to pitch. This would be if your team is short of pitchers.



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If a regular team member comes late to the game, he is added to the bottom of the line up and may play. The pick up players may continue to play, however, all regular team members should have priority to play in the field.

If a player comes late, they may enter the game and be added to the last position(s) in the batting line up. If a player becomes injured and cannot bat in his spot due to injury, the team will take an out in that spot the 1<sup>st</sup> time that player comes up to bat. After the first out, there will be no further penalty. The injured player may reenter the game in her batting spot at any time without penalty. EXCEPTION: If a team has only 9 players and one player becomes injured, then there would be an out for that batter for each time his spot comes up to bat.

We encourage coaches that players be substituted so that no player sits out more that one inning. **Each inning a different player(s) should sit out.**

### Batting helmets

- A. Maximum protection helmets are required.
- B. Batters, on-deck batters, batboys/batgirls and base runners must wear batting helmets. A batter will not be allowed to participate if they refuse to wear such a helmet. However, oversight of the helmet's use is not an infraction of this rule.
- C. If a player intentionally removes the helmet, the player's team will receive a warning. Any further violation will result in the removal of that player from the game.
- D. Any player coaching in a coach's box must wear a batting helmet.
- E. Players permitted to be out of the dugout, by rule, while on offense must wear a helmet. For example, a batter who strikes out or is retired while running the bases must wear the helmet until they have entered the dugout.
- F. Only one batter at a time can be warming up and must be in the on deck circle. The batter must be on their teams' side of the field while pitchers are making their warm up pitches.

### Shoes

Metal cleats are permitted in leagues ages 13-19 only.

**Game Length - Run Rule:** Run spreads will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.

Boys Competitive Division ages 9-10	1 hour and 30 minutes
Boys Competitive Division ages 11-14	1 hour and 45 minutes

The starting time for each game will be established at the coin flip. Any inning started within the time limit will be completed, however; if the home team is ahead at the end of time, the game will end. A new inning begins the instant the third out is made in the previous inning.

In case of rain, a game reaching three complete innings or over one half of the time limit will be considered a complete game. Diamond Council will send out a rainout schedule to the coaches when available and necessary.

## DEFENSE

### Tied Games

All Competitive games tied at the end of the time limit will end in a tie. No extra innings will be played.

### Pre-game infield

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.



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### **SPORTSMANSHIP**

Coaches please emphasize the importance of team and player sportsmanship. No cursing or foul language from players, parents, or coaches will be allowed, and will be cause for immediate ejection from the game. **Unsportsmanlike conduct** on the part of players, coaches or fans will not be tolerated this includes trash talking or taunting, i.e. hey batter, batter swing. Players may only direct their comments and chatter to their own teammates. Umpires may, but are not required to, warn players, coaches or fans of unacceptable conduct. Unsportsmanlike conduct will result in ejection from the game. Any player, coach or fan throwing any object on the field or in the dugout, will be warned for the first offense and ejected on the second offense. If a player or fan is ejected, the Head Coach may also be ejected at the discretion of the umpire. A second ejection of an offending fan, player or coach will result in the suspension for the remainder of the season. DC reserves the right to suspend a coach, player, parent or fan at any time during the season. As a coach, if you have a problem with a coach or a player from the opposing team, discuss the problem with the umpire and let the umpire handle the problem. **Do not confront the opposing coach or player.** If the problem does not get resolved then call your league coordinator.

### **Pitching Rules**

See USSSA Rule Book



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# SOFTBALL GENERAL RULES

Diamond Council follows the Amateur Softball Association (USSSA) rules for softball with the exceptions noted below.

### Organization of Leagues

The player's age as of January 1 and grade in school of the current year will determine in which league the player will be eligible to play. No player may "play up" to an older league or "play down" to a younger league without the approval of the Board.

Age date cutoff for Competitive leagues is January 1.

Girls Recreational	age 5
Girls Recreational	age 6
Girls Recreational	ages 7 to 8
Girls Recreational	ages 9 to 10
Girls Recreational	ages 11 to 12
Girls Recreational	ages 13 to 14
Girls Recreational	ages 15 to 18

Field Dimensions	Baseline Distances	Pitching Distances
Ages 5-8	50 feet	N/A
Ages 9-10	60 feet	35 feet
Ages 11-18	60 feet	40 feet

### Uniforms and Equipment

Teams must be uniformly dressed. T-shirts and caps will be provided to all players. **Shirrtails must be completely tucked in at all times.**

**Metal and polyurethane spikes are prohibited in all leagues 10U and 12U.** Turf style shoes are recommended. **Metal spikes are approved for ages 13U to 18U.**

All catchers must wear a helmet with a mask and throat protector, shin guards and a chest protector.

### Batting helmets

- A. Maximum protection helmets are required.
- B. Batters, on-deck batters, batboys and base runners must wear batting helmets. A batter will not be allowed to participate if they refuse to wear such a helmet. However, oversight of the helmet's use is not an infraction of this rule.
- C. If a player intentionally removes the helmet, the player's team will receive a warning. Any further violation will result in the disqualification of that player from the game.
- D. Any player coaching in a coach's box must wear a batting helmet.
- E. Players permitted to be out of the dugout by rule while on offense must wear a helmet. For example, a batter who strikes out or is retired while running the bases must wear the helmet until they have entered dugout.
- F. Only one batter at a time can be warming up and must be in the on deck circle. The batter must be on their teams' side of the field while pitchers are making their warm up pitches.



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### Game Length

- Ages 5-8 No new inning after 1 hour; Game is ended at 1 hr 10 minutes  
Ages 9-18 No new inning after 1 hr 10 minutes; Game is ended at 1 hr 25 minutes

In order to speed up the game, each coach should have an inning-by-inning defensive lineup prepared so players will know what position they are playing and the catcher will have their equipment on!

The starting time for each game will be established at the time of the first pitch.

Any inning started within the time limit will be completed. A new inning begins the moment the third out is made in the previous inning.

### INCLEMENT WEATHER

Columbia Parks and Recreation will monitor weather conditions and inspect the playing fields to determine if the fields are playable. If the fields are deemed not playable, the games scheduled for those fields will be canceled by 4:00 P.M. The local radio stations will be notified of any cancellations. This information will be available on the **SPORTS HOTLINE (874-7663)**. If no announcements of cancellation have been received, assume the game will be played.

At the start or during a game, Umpires will use their own judgment on the delay or cancellation of games due to weather conditions. Games will not be played if it is determined such play might result in injury to players or serious damage to the playing fields. If lightning or severe weather is present, take **immediate** action to delay or cancel the game and remove the players from the field.

In case of rain, a game reaching three complete innings or over one half of the time limit will be considered a complete game.

All teams are scheduled 16 games. Rained out games will not be made up unless you are rained out of 4 or more games. Coaches will be able to reschedule any game that is rained out if they want. Just schedule the game like you would a practice and contact the opposing coach to schedule the game. Umpires will not be available for these games due to the short notice of some games and irregular game times. The procedure for scheduling additional games will be as follows:

- 1) Contact your players and parents to confirm they want to play on the available dates.
- 2) Contact other teams to setup games.
- 3) Call the DC office to reserve a field.
- 4) Field assignments will be posted on the practice field schedule on the web site.

### Pre-game infield

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

Any player warming up the pitcher, in the crouch position, is required to wear a catcher's helmet with a mask and throat protector.

### Competitive Players

Competitive players are permitted to participate in Recreational leagues, however, the player must play up at least one age division. Competitive players are permitted to pitch on their Recreational team.

### Pitching Rules

Any player may pitch.



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### Shorthanded Rule

The purpose and spirit of this rule is for teams to be able to play games even if circumstances leave a team with only seven players to start a game. The main purpose of DC leagues is to PLAY BALL. DC always wants to provide the opportunity to play a game for the players that do show up.

Teams must have at least 7 players to start a game. If a team has at least seven players, the coach may request the other team provide players from their roster on an alternating basis to play defense only. This will be the last player listed in the batting order in the first inning or the last player to complete an at bat in the prior inning. For purposes of this rule, the team that is short of players will bat first (visitors) in the first inning.

Teams may borrow players from the opposing team for defensive purposes only. The shorthanded team will bat a fixed roster and **will not** have to take an out in the eight and nine positions of the batting order. If a team is short players (less than 9), the team may **only** pick up additional players from other DC teams in your league or a younger league (including your opponent). These players will count as part of your seven players required to start a game. Recreational teams may only pick up players from DC Recreational league teams. Competitive teams may pick up players participating on either a DC Recreational league team or a DC Competitive league team.

You may pick up enough players to field 9 players. The pick up player(s) must bat at the bottom of the line up, preferred positions would be outfield, so that your regular players would get to play infield, however, this is not mandatory. A pick up player may not pitch, unless the opposing coach agrees to allow the player to pitch. This would be if your team is short of pitchers.

If a regular team member comes late to the game, he is added to the bottom of the line up and may play. The pick up players may continue to play, however, all regular team members should have priority to play in the field, and pick up players may continue to bat in the line up and play the field.

### Forfeits and Protests

Forfeits and protests are not allowed, except for a team having six or fewer players. See Shorthanded Rule above.

### Player Participation

All Recreational leagues have free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game.

Competitive leagues will use USSSA rules, have free substitution and no player participation requirements.

For ages 7-12 leagues, a player may not continually play the same position for more than two consecutive innings. Team-batting orders will be fixed throughout the game and must include all players in attendance.

### Half Inning Changes

Each team will have one minute to change sides each half inning. If the pitcher does not have the ball ready to pitch within this limit, a ball may be charged. If the batter is not in the box ready to bat, a strike may be charged.



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### Tied Games

All Recreational and Competitive games tied at the end of the time limit will end in a tie. No extra innings will be played.

### Batters and Coaches Signals

After entering the batters box, a batter may not leave the batters box to receive coaching signals. After a pitch, unless forced out of the box by playing action, a batter may only step out of the box with one foot to receive coaching signals.

### Base Running

If a play is being made on the batter-runner at first base, the batter-runner must step on the outside 1/2 of the base. If there are double bases, the runner must use the Orange outer base. A warning will be given for the first infraction of this rule by each player. Thereafter, the batter-runner will be declared out if the rule is violated. This will not be considered a force-out. The out will be considered to occur after the end of the play, thus allowing a runner on third base to score.

Stealing Recreational League:

	<u>Lead off*</u>	<u>Stealing</u>	<u>Stealing of Home</u>
Girls 5 & 6	None	None	None
Girls 7 & 8	None	None	None
Girls 9 - 10	None	Yes**	None**
Girls 11 – 18	None	Yes	Yes

\*Base runners may leave the base when the ball leaves the pitchers hand.

\*\* Ages 9-10 Recreational stealing is permitted. Only one base may be advanced per pitch, irregardless of an overthrown ball. No stealing of Home even if a play is made on the base runner. . A player can only advance Home from a hit, walk or base award by the umpire.

**Runners are still at risk to be put out.**

Leadoff and stealing for all Girls Competitive - Straight USSSA Rules

### Courtesy Runner

Courtesy Runners are allowed for the pitcher and catchers. The courtesy runner shall be the last recorded out.

In ages 7-12, a courtesy runner must replace the catcher if the catcher is on base after two outs. The catcher shall immediately put on equipment and be prepared to warm-up the pitcher between innings. The substitute runner must take the same base as the catcher occupied. The substitute runner must be a player not playing defense in the next half inning, but if substitute is not available, then the second out of the inning will be the courtesy runner.

**Unsportsmanlike conduct** on the part of players, coaches or fans will not be tolerated this includes trash talking or taunting, i.e. hey batter, batter swing. Players may only direct their comments and chatter to their own teammates. Umpires may, but are not required to, warn players, coaches or fans of unacceptable conduct. Unsportsmanlike conduct will result in ejection from the game. Any player, coach or fan throwing any object on the field or in the dugout, will be warned for the first offense and ejected on the second offense. If a player or fan is ejected, the Head Coach may also be ejected at the discretion of the umpire. A second ejection of an offending fan, player or coach will result in the suspension for the remainder of the season. DC reserves the right to suspend a coach, player, parent or fan at any time during the season. As a coach, if you have a problem with a coach or a player from the opposing team, discuss the problem with the umpire and let the umpire handle the problem. **Do**



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**not confront the opposing coach or player.** If the problem does not get resolved then call your league coordinator.

An **injured player** who is bleeding must be removed from the game and treated immediately. If the player was on defense, he or she may be replaced by any player not in the game. If the player was batting, the count will be reset and the next batter in the lineup will bat. If the player was a base runner, they must be replaced by a player not in the game. In the event that there is no player who is not in the game, the injured player must be replaced by the player who made the previous out.

### **Miscellaneous Rules**

The "home" team shall keep the official score book for the purpose of maintaining the correct batting order for each game and to let the umpire know maximum number of runs/inning.

Designated coaches and players will be the only persons who may sit on the bench.

All players must remain in the dugout except when batting, playing defense, warming up in the on-deck circle or coaching in the coach's box. Penalty for not adhering to this rule will be a team warning on the first violation. For subsequent violations, the offending player will lose their next turn at bat and no out is recorded.

Designated hitters are not allowed.



# SOFTBALL RULES

## Girls Age 6

### **GENERAL**

- E. R.I.F. 5 (Reduced Injury Factor) ball will be used
- F. Each team will provide one parent umpire for the game
- G. A new inning may not start after 1 hour. The game is ended at 1 hour and 10 minutes.
- H. Base distance 50 feet

### **SUBSTITUTION**

Free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. A coach may opt to have all players take the field during defense. If this is done, only 6 players may be on the infield, all other players must be in the outfield (grass area). Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play both infield and outfield in each game. A player may not continually play the same position for more than two consecutive innings.

### **BATTING & BASE RUNNING**

- A. Coaches and batters will have the option to hit off of the tee or coach pitch; after 4 pitches from the coach the batter must hit off of the tee.
- B. A half inning is complete after the entire team roster has batted once. The entire roster will bat each inning regardless of runs or outs. Team batting orders will be fixed throughout the game and must include all players in attendance. Each player must play a minimum of two defensive innings. This rule is mandatory if the player is able to play. Violation of this policy will result in disciplinary action by DC.
- C. Batter on Deck will be behind the batter and up the fence line or behind the coach. So that they do not get hit by a bat.
- D. All players must wear a helmet at all times when out of the dugout on offense.
- E. Bunts and half swings are not allowed.
- F. Strikes will not be counted. Each player will bat until they hit the ball.
- G. The first bat-throwing incident, either intentional or careless, will result in a bench warning. The second offense will result in an out.
- H. The home team will bat in the last inning regardless of score.
- I. A batted ball must stop on or beyond 10-foot in front of home plate to be a fair ball.
- J. No lead-offs or stealing.
- K. A play is over when the ball is returned to the infield and is controlled by an infielder on the infield. If a runner has passed the halfway mark between bases when the play stops, the runner will be awarded the next base. If the runner has not passed the halfway mark, the runner must go back to the last base touched.
- L. If a player is put out by the defense, she is out and will go to the dugout.

### **DEFENSE**

- A. The infield fly rule does not apply.
- B. All players can play defense at the same time, 6 of which are infielders.
- C. A play is over when the ball passes through the pitchers circle or the ball is controlled by an infielder on the infield.
- D. Two defensive coaches are allowed on the field.
- E. The catcher must wear a batting helmet with a facemask while playing defense.



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### Girls Age 7-8

#### GENERAL

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. An 11-inch ball will be used.
- C. A new inning may not start after 1 hour. The game is ended at 1 hour and 10 minutes.
- D. Base distance 50 feet on Tball Fields, 60 feet on other fields
- E. Each team will provide one umpire

#### SUBSTITUTION

Free substitution. All Recreational leagues have free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game.

#### BATTING & BASE RUNNING

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. No walks
- C. A limit of six pitches or four strikes per batter unless the seventh pitch or fourth strike is a foul ball, then, there will be additional pitches until there is no contact.
- D. The batter is out on a dropped third strike. Runners may not advance.
- E. No lead-offs or stealing.
- F. If a runner has passed the halfway mark between bases when the play stops, the runner will be awarded the next base. If the runner has not passed the halfway mark, the runner must go back to the last base touched.
- G. A play is over when the ball is returned to the infield and is controlled by an infielder on the infield.
- H. **A courtesy runner must replace the catcher if the catcher is on base after two outs.** The substitute runner must take the same base as the catcher occupied. The substitute runner must be a player not playing defense in the game, however, if a substitute is not available, then the second out of the inning will become the courtesy runner.
- I. The Five Run Rule: A team cannot score more than five runs in an inning.

#### PITCHING

A Coach from each team will pitch to their own players. There will be a player in the pitching position for fielding purposes. The player must begin in the pitchers circle.

#### DEFENSE

- A. The infield fly rule does not apply.
- B. Ten players are allowed in the field. The tenth player must be an outfielder, outfielders must play in grass area.
- C. Two defensive coaches are allowed on the field.



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### Girls Ages 9 - 10

#### GENERAL

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. An 11-inch ball will be used.
- C. A new inning may not start after 1 hour and 10 minutes. The game is ended at 1 hour and 25 minutes.
- D. Base distance 60 feet
- E. Pitching distance 35 feet
- F. The Five Run Rule: A team cannot score more than five runs in an inning.

#### SUBSTITUTION

Free substitution. All Recreational leagues have free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game. Pitchers may pitch three consecutive innings or a total of three innings in a game. The player can pitch one inning move to another position and then return to pitch.

#### BATTING & BASE RUNNING

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. The batter is out on a dropped third strike.
- C. NO WALKS
- D. Stealing is permitted. A base runner cannot leave the base or steal until the ball crosses the plate. Only one base may be advanced per pitch, irregardless of an overthrown ball. No stealing of Home even if a play is made on the base runner. . A player can only advance Home from a hit, walk or base award by the umpire. **Runners are still at risk to be put out.**
- E. **A courtesy runner must replace the catcher if the catcher is on base after two outs.** The substitute runner must take the same base as the catcher occupied. The substitute runner must be a player not playing defense in the game, however, if a substitute is not available, then the second out of the inning will become the courtesy runner.
- F. The Five Run Rule: A team cannot score more than five runs in an inning.

#### PITCHING

- A. Any player may pitch.
- B. Pitchers are limited to three innings per game (9 outs).
- C. Pitchers are required to have only one foot in contact with the pitching rubber to begin a pitch.
- D. Strike zone will be expanded to the top of the shoulder to the bottom of the knee.
- E. Coach comes in to pitch after 4 balls; Pitchers will only pitch (4) called balls to a batter. Foul balls will be counted as strikes. At the end of the four ball count the COACH of the batting team will pitch two pitches to the batter. The coach must pitch from the pitching rubber. The batters will carryover their strike count to the two coach pitches. If the batter does not hit one of the pitches the batter will be declared out. Foul balls on the last pitch will continue the at bat. If a coach has to pitch to three consecutive batters, then, the pitcher must be replaced by another pitcher for the remainder of the inning. The player may return to pitch in a later inning.
- F. NO WALKS

#### DEFENSE

- A. The infield fly rule does not apply.
- B. Nine players are allowed with three players being outfielders. Six players may be on the infield and the outfielders must be in the outfield grass area at the beginning of each pitch.
- C. No defensive coaches allowed on the field.



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### Girls Ages 11 – 12

#### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Run spreads will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.
- C. Absolutely no metal spikes.
- D. A new inning may not start after 1 hour and 10 minutes. The game is ended at 1 hour and 25 minutes.
- E. Base distance 60 feet
- F. Pitching distance 40 feet
- G. The Five Run Rule: A team cannot score more than five runs in an inning.

#### **SUBSTITUTION**

Free substitution. All Recreational leagues have free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game. Pitchers may pitch three consecutive innings.

#### **BATTING**

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. Stealing is permitted.
- C. A courtesy runner may replace the catcher if the catcher is on base after two outs. The substitute runner must take the same base as the catcher occupied. The substitute runner must be a player not playing defense in the game, however, if a substitute is not available, then the second out of the inning will become the courtesy runner.
- D. The Five Run Rule: A team cannot score more than five runs in an inning.

#### **PITCHING**

- A. Any player may pitch.
- B. Pitchers are limited to three innings per game (9 outs).
- C. If a pitcher walks 3 batters in a row the pitcher must be replaced for the remainder of the inning. The pitcher may pitch again in a later inning.



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### Girls Ages 13 – 14

#### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Run spreads will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.
- C. Metal spikes are allowed.
- D. A new inning may not start after 1 hour and 10 minutes. The game is ended at 1 hour and 25 minutes
- E. Base distance 60 feet
- G. Pitching distance 40 feet
- H. The Seven Run Rule: A team cannot score more than seven runs in an inning.

#### **SUBSTITUTION**

Free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play infield in each game. A player may play the same position for more than two consecutive innings. The two consecutive inning rule applies only to the 12 & Under League and below.

#### **BATTING**

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. The Seven Run Rule: A team cannot score more than seven runs in an inning.

#### **PITCHING**

Any player may pitch with the following exception;

Teams will have 1 minute or three pitches between innings. With the exception of the catchers being ready to play all players must be ready to pitch and hit at the end of one minute. If the catcher is getting into gear another player or coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

#### Modified Pitching Rules

Rules which will be enforced

1. Must begin with both feet on the rubber.
2. No Leaping - the drag foot must stay in contact with the ground at all times.

Rules which will not be enforced:

1. Going to the glove more than once.
2. Stepping onto the rubber with hands together.
3. Taking signs while on the rubber.
4. Stride to the plate must be within the sides of the rubber.
5. Crow hopping and replanting before delivery.
6. Once both feet are on the rubber the pitcher may step back with one foot before delivery

#### **DEFENSE**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.



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### Girls Ages 15 – 18

#### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Run spreads will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.
- C. Absolutely no metal or polyurethane spikes.
- D. A new inning may not start after 1 hour and 10 minutes. The game is ended at 1 hour and 25 minutes
- E. Base distance 60 feet
- F. Pitching distance 40 feet
- G. The Seven Run Rule: A team cannot score more than five runs in an inning.

#### **SUBSTITUTION**

Free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the coach must give each player the opportunity to play infield in each game. A player may play the same position for more than two consecutive innings. The two consecutive inning rule applies only to the 12 & Under League and below.

#### **BATTING**

- C. Team batting orders will be fixed throughout the game and must include all players in attendance.
- D. The Seven Run Rule: A team cannot score more than seven runs in an inning.

#### **PITCHING**

Any player may pitch with the following exception; A player that plays on a Competitive team is not allowed to pitch in the Recreational League.

Teams will have 1 minute or three pitches between innings. With the exception of the catchers being ready to play all players must be ready to pitch and hit at the end of one minute. If the catcher is getting into gear another player or coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

#### 18 & Under Recreational

##### Modified Pitching Rules

Rules which will be enforced

- 1. Must begin with both feet on the rubber.
- 2. No Leaping - the drag foot must stay in contact with the ground at all times.

Rules which will not be enforced:

- 1. Going to the glove more than once.
- 2. Stepping onto the rubber with hands separated.
- 3. Taking signs while on the rubber.
- 4. Stride to the plate must be within the sides of the rubber.
- 5. Crow hopping and replanting before delivery.
- 6. Once both feet are on the rubber the pitcher may step back with one foot before delivery

#### **DEFENSE**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.



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# SOFTBALL COMPETITIVE DIVISION RULES

### 10 and UNDER – Competitive (Ages 9 & 10)

#### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Run spreads will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.
- C. Absolutely no metal spikes.
- D. Time limit 1 hour and 15 minutes
- E. Base distance 60 feet
- F. Pitching distance 35 feet
- G. The Six Run Rule: A team cannot score more than six runs in an inning.

#### **SUBSTITUTION**

Free substitution.

#### **BATTING**

Team batting orders will be fixed throughout the game and must include all players in attendance. A team may start with 8 players, however; they will take an out in that spot the 9<sup>th</sup> spot. If a player comes late, they may enter the game and be added to the last spot(s) in the batting line up. If a player becomes injured and cannot bat in her spot due to injury, the team will take an out in that spot the 1<sup>st</sup> time that player comes up to bat. After the first out, there will be no further penalty. The injured player may reenter the game in her batting spot at any time without penalty. EXCEPTION: If a team has only 9 players and one player becomes injured, then there would be an out for that batter for each time her spot comes up to bat.

#### **PITCHING**

Teams will have 1 minute or three pitches between innings. With the exception of the catchers being ready to play all players must be ready to pitch and hit at the end of one minute. If the catcher is getting into gear another player or coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

#### **DEFENSE**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits. Pitchers may not take warm-up pitches from the mound prior to taking the field to begin the game.

#### **TIED GAMES**

All Recreational and Competitive games tied at the end of the time limit will end in a tie. No extra innings will be played.

#### **SPORTSMANSHIP**

Coaches please emphasize the importance of team and player sportsmanship. No cursing or foul language from players, parents, or coaches will be allowed, and will be cause for immediate ejection from the game.



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### 12 and UNDER – Competitive (Ages 11 – 12)

#### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Run spreads will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.
- C. Absolutely no metal spikes.
- D. Time limit 1 hour and 15 minutes
- E. Base distance 60 feet
- F. Pitching distance 40 feet
- G. The Six Run Rule: A team cannot score more than six runs in an inning.

#### **SUBSTITUTION**

Free substitution.

#### **BATTING**

Team batting orders will be fixed throughout the game and must include all players in attendance. A team may start with 8 players, however; they will take an out in that spot the 9<sup>th</sup> spot. If a player comes late, they may enter the game and be added to the last spot(s) in the batting line up. If a player becomes injured and cannot bat in her spot due to injury, the team will take an out in that spot the 1<sup>st</sup> time that player comes up to bat. After the first out, there will be no further penalty. The injured player may reenter the game in her batting spot at any time without penalty. EXCEPTION: If a team has only 9 players and one player becomes injured, then there would be an out for that batter for each time her spot comes up to bat.

#### **PITCHING**

Teams will have 1 minute or three pitches between innings. With the exception of the catchers being ready to play all players must be ready to pitch and hit at the end of one minute. If the catcher is getting into gear another player or coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

#### **DEFENSE**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits. Pitchers may not take warm-up pitches from the mound prior to taking the field to begin the game.

#### **Tied Games**

All Recreational and Competitive games tied at the end of the time limit will end in a tie. No extra innings will be played.

#### **SPORTSMANSHIP**

Coaches please emphasize the importance of team and player sportsmanship. No cursing or foul language from players, parents, or coaches will be allowed, and will be cause for immediate ejection from the game.



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### **14 and UNDER – Competitive (Ages 13 – 14)**

#### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Run spreads will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.
- C. Absolutely no metal spikes.
- D. Time limit 1 hour and 15 minutes
- E. Base distance 60 feet
- F. Pitching distance 40 feet
- G. Fall League Run Rule: The Six Run Rule: A team cannot score more than six runs in an inning.

#### **SUBSTITUTION**

Free substitution.

#### **BATTING**

Team batting orders will be fixed throughout the game and must include all players in attendance. A team may start with 8 players, however; they will take an out in that spot the 9<sup>th</sup> spot. If a player comes late, they may enter the game and be added to the last spot(s) in the batting line up. If a player becomes injured and cannot bat in her spot due to injury, the team will take an out in that spot the 1<sup>st</sup> time that player comes up to bat. After the first out, there will be no further penalty. The injured player may reenter the game in her batting spot at any time without penalty. EXCEPTION: If a team has only 9 players and one player becomes injured, then there would be an out for that batter for each time her spot comes up to bat.

#### **PITCHING**

Teams will have 1 minute or three pitches between innings. With the exception of the catchers being ready to play all players must be ready to pitch and hit at the end of one minute. If the catcher is getting into gear another player or coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

#### **DEFENSE**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.



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### 18 and Under Competitive (ages 15-18)

Straight USSSA rules. Teams may bat the entire roster and have free substitution.

#### **RUN SPREAD**

Run spreads will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.

#### **DEFENSE**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

#### **TIED GAMES**

All Recreational and Competitive games tied at the end of the time limit will end in a tie. No extra innings will be played.

#### **SPORTSMANSHIP**

Coaches please emphasize the importance of team and player sportsmanship. No cursing or foul language from players, parents, or coaches will be allowed, and will be cause for immediate ejection from the game.

Unsportsmanlike conduct on the part of players, coaches or fans will not be tolerated. Umpires may, but are not required to warn players, coaches or fans of unacceptable conduct. Unsportsmanlike conduct will result in ejection from the game and may result in the game being forfeited.

#### **Miscellaneous Rules**

Metal spikes are allowed.

The "home" team shall keep the official score book for the purpose of maintaining the correct batting order for the game.

Designated coaches and players will be the only persons who may sit on the bench.

Designated hitters are not allowed.

All players must remain in the dugout except when batting, playing defense, warming up in the on-deck circle or coaching in the coach's box. Penalty for not adhering to this rule will be a team warning on the first violation. For subsequent violations, the offending player will lose their next turn at bat and no out is recorded.

An injured player who is bleeding must be removed from the game and treated immediately. If the player was on defense, any player not in the game may replace her. If the player was batting, the count will be reset and the next batter in the lineup will bat. If the player was a base runner, a player not in the game must replace them. In the event that there is no player who is not in the game, the injured player must be replaced by the player who last completed their time at bat.



## 2011 Coaches Handbook

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### SOFTBALL RULES

	Ages						
	7-8	10U	10U Comp	12U	14U	12U Comp 14U Comp	18U
Game Length	60 Min	70 Min	70 Min	70 Min	70 Min	70 Min	70 Min
Drop Dead Time	70 Min	85 Min	85 Min	85 Min	85 Min	85 Min	85 Min
Base Distance	50'	60'	60'	60'	60'	60'	60'
Pitching Distance	30'	35'	35'	40'	40'	40'-12U 43'-14U	43'
Free Substitution	X	X	X	X	X	X	X
Opportunity to							
Play Infield	X	X		X	X		X
Bat Entire Roster	X	X	X	X	X	X	X
No Walks	X	X					
Out on Dropped							
Third Strike	X	X					
No Lead-Offs	X	X	X	X	X	X	X
No Stealing	X						
Courtesy Runner	X	X	X	X	X	X	X
Inning Run Rule	5	5	6	5	7	6	7
Tied Games End	X	X	X	X	X	X	X
Run Spread 12/3; 10/4; 8/5			X	X	X	X	X
Runners Stop When							
Ball Controlled	X						
Pitch Limit/Batter	6	6 by pitcher, 2 by coach for 10U Rec					
Defensive Coaches							
on Field	2						
Number of Defensive							
Players	9						
No Infield Fly Rule	X	X					
Metal Spikes						X-14U only	X
Umpires	None	1	2	1	1	2	2
Ball	11"	11"	11"	12"	12"	12"	12"



# 2011

## Points of Emphasis

### Boys Recreational

Age 5	New inning may not start after 1 hour. Game is ended at 70 minutes
Age 6	New inning may not start after 1 hour. Game is ended at 70 minutes
Age 7	New inning may not start after 1 hour. Game is ended at 70 minutes
Age 8	New inning may not start after 1 hour. Game is ended at 70 minutes
Ages 9 & 10	New inning may not start after 70 minutes. Game is ended at 85 minutes
Ages 11 - 14	New inning may not start after 70 minutes. Game is ended at 85 minutes
Ages 15 - 18	New inning may not start after 70 minutes. Game is ended at 85 minutes

### Girls Recreational

Ages 5-8	New inning may not start after 1 hour. Game is ended at 70 minutes
Ages 9-18	New inning may not start after 70 minutes. Game is ended at 85 minutes

Metal cleats allowed for recreational and competitive boys ages 13-18 and girls 13-18.

Pitching mounds MAY be used in leagues ages 10-18.

Everyone does not have to pitch

Ages 7-8 total of 6 pitches; if sixth pitch is fouled, batter will continue to hit until no contact

In baseball **leagues ages 9-10**, only players will pitch. Walks will be awarded.

**Ages 9-10 baseball**; Stealing or advance is permitted. Only one base may be advanced per pitch, irregardless of an overthrown ball. No stealing of Home even if a play is made on the base runner. . A player can only advance Home from a hit, walk or base award by the umpire. **Runners are still at risk to be put out.**

Tball outfielders must be on the grass

Tball catchers are required to wear a helmet with a mask

Tball on deck batter will be behind the batter and up the fence line or behind the coach

**Pre-game infield** is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

**Run spreads** will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.

All Recreational and Competitive **games tied** at the end of the time limit will end in a tie. No extra innings will be played.

Teams will have 1 minute or three pitches **between innings**. With the exception of the catchers being ready to play all players must be ready to pitch and hit at the end of one minute. If the catcher is getting into gear another player or coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

Coaches please emphasize the importance of team and player sportsmanship. No cursing or foul language from players, parents, or coaches will be allowed, and will be cause for immediate ejection from the game. **Unsportsmanlike conduct** on the part of players, coaches or fans will not be tolerated this includes trash talking or taunting, i.e. hey batter, batter swing. Players may only direct their comments and chatter to their



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own teammates. Umpires may, but are not required to, warn players, coaches or fans of unacceptable conduct. Unsportsmanlike conduct will result in ejection from the game. Any player, coach or fan throwing any object on the field or in the dugout, will be warned for the first offense and ejected on the second offense. If a player or fan is ejected, the Head Coach may also be ejected at the discretion of the umpire. A second ejection of an offending fan, player or coach will result in the suspension for the remainder of the season. DC reserves the right to suspend a coach, player, parent or fan at any time during the season. As a coach, if you have a problem with a coach or a player from the opposing team, discuss the problem with the umpire and let the umpire handle the problem. **Do not confront the opposing coach or player.** If the problem does not get resolved then call your league coordinator.

All recreational teams are scheduled 14 games. Coaches will be able to reschedule any game that is rained out if they want. Just schedule the game like you would a practice and contact the opposing coach to schedule the game. Umpires will not be available for these games due to the short notice of some games and irregular game times.

## Additions for 2011

Coaches,

Many of you are calling with questions about reserving fields for practices. **Please read your coaches handbook for the procedures.** If you do have any questions, please call your coordinator first. Then if you need to call the office. The Diamond Council phone number is 499-9741.

Just a couple of things to keep you informed:

- 1) 7:00 PM on Tball Fields - There are NO lights on the Tball Fields. So if you have a 7:00 PM practice scheduled, it's getting too dark. So you may need to revise your practice time if you are scheduled on the Tball Fields the next couple of weeks.
- 2) Practice Field Scheduling. - **Field Sharing for younger age teams.** Sharing Practice Fields - ages 5-10 - If you are a team ages 5-10 team and are practicing on a big field, please share the field if necessary. We will list 2 teams on the practice schedule. The first team listed on the practice schedule will use the Infield and the 2nd team will use the outfield for the first 30 minutes of the practice time. Then the two teams switch places. So, If you see a team age 5-10 listed on a big field, you can also sign up for that same time slot and share the field.
- 3) Print Practice Schedule and take it to your practice. To avoid any problems at the fields, we suggest you Print the practice schedule on the DAY of your practice. Take it to the field with you, so if there are other coaches there, you have a copy in hand to go over together. The schedules Changes multiple times a DAY, so, don't print it out until the day of or day before your practice if possible. That way you will have the MOST UP-TO-DATE version of the practice schedule.

Also, ALWAYS check the schedule to be sure I entered it correctly!

Practice Field and Batting Cage Reservations instructions are in your handbook and here is a summary:

Diamond Council has 8 fields at Antimi and 2 fields at Albert Oakland available for practices. American Legion may be available later in the season as it is under renovation. At the coaches'



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clinic or equipment distribution, you were able to sign up for practice fields and/or batting cages. Those will be entered into the practice field schedule on the web site. You can email the DC office to sign up for practices. Check the web site first to see what is available. If you choose to use the batting cages you will need to furnish your own pitching machine balls. You can purchase pitching machine balls at Red Weir for \$35/dozen. At the end of the season you may return the balls to Red Weir for a refund. All of the machines are set up for baseballs. To schedule additional practices and/or print a practice confirmation, you must check out the practice field schedule on the web site. It is located under the Coaches Corner.

- 1) In addition to using Oakland and Antimi fields for practice, neighborhood fields are also available to be reserved through Parks and Recreation by calling 874-7460. After reserving the fields over the phone, you will have to go to Parks and Recreation to pick up your permit. They can also fax it to you. The neighborhood fields include: Again St./Pershing, McKee St., Bear Creek, Rock Bridge Bethel, Upper Legion, Douglas, Valley View, Indian Hills
- 2) The fields at Oakland and Antimi are reserved for Diamond Council March 15 through October 15. Any Diamond Council team can use any time slots open on the practice schedule. These times can be reserved each Thursday for the following week. Otherwise open time slots are on a first serve basis at the fields. If a non-Diamond Council team is on the field, does not have a permit and refuses to leave, call the Columbia Police Department at 442-6131.
- 3) Any coach using the pitching machines is responsible for the proper use and the storage of the machine after practice. Pitching machine balls are not provided. Coaches that want to use the cages can purchase balls from Ron Brown, Diamond Council board member, at Red Weir in the Crossroads West Shopping Center. At the end of the season, Diamond Council will buy the balls back. All machines are to be returned to the storage shed and locked. Any coach not using proper care or leaving the machines out after practice will be removed as coach. If any pitching machines not properly cared for, their use will be changed to a fee basis in order to pay an employee to supervise the use of the machines and cages.
- 4) If your team is practicing at night, you are responsible for turning off the lights when you are done. The lights on the Antimi red field and Oakland east field have a time delay switch. Whenever the switch is flipped to the off position the lights will remain on for another 10 minutes to allow you time to reach the parking lot. Failure to shut off the lights at the completion of your practice will result in your removal as coach.
- 5) The combination for all lights and batting cages is 9741.

Debbie Jameson  
Executive Director  
499-9741