



Baseball

And Lil' Batters

Dear Parents:

February 4 2019

The Child & Youth Services (CYS) Sports & Fitness staff welcomes you to the 2019 Spring Baseball Program. This letter will answer some general questions you may have about the program. CYS Sports hosts a **recreation** league that is inclusive of all youth who want to learn the fundamentals of the game and to have fun. For the player with advanced sports skills and greater ambition, parents may wish to check out alternatives on-line. Any further questions may be addressed to the Sports & Fitness Director. We encourage parents to become involved in our recreational sports program by being a coach, team parent, or offering assistance to staff on game days.

Ages & eligibility Baseball: A child must be 5 yrs old and no older than 15 yrs by 20 April 2019 in order to play in games.

The team ages will be divided as follows: 5-6 yrs, 7-8y yrs, 9-11 yrs, & 12-15 yrs.

Ages & eligibility Lil' Batters: A child must be 3 yrs old and no older than 4 yrs old by 20 April 2019. There will be two 30 minute practices per week throughout the season. There are **NO GAMES** for this age group. The goal is to learn some fundamentals and to have fun. Parents are encouraged to participate with their child.

Current sports physical: Sports physicals with the doctor's medical stamp are good for 12 months and must be current through the end of the sport season, 01 JUN 2019. Parent Central will accept a copy of the medical form you may have obtained for school, provided it has the required documentation on it.

Placement Requests & Practice Day/Time Request: Please stop by the sports office and submit your sports request for preferred practice days & times. We normally offer JBLM Lewis and JBLM McChord practice locations. This season, McChord Field practices will be held at the youth baseball fields on Tuesday/Thursday. The Lewis Practice day & time requests may include Monday/Wednesday or Tuesday/Thursday practice with a 1700 or 1800 time request. Lil' Batter's (ages 3-4yr) may request a practice time as early as 1630. After your registration and before 27 March 2019, placement requests may be submitted to the CYS Sports office. All requests submitted to the CYS Sports office will **NOT BE** approved or disapproved until teams are formed. We will do our best to accommodate but cannot make guarantees.

Parent Meetings: Sports Gym, Bldg 2295, 12TH St & Bitar Ave

Friday. March 29th - 1700 for 3-6 year olds

Friday, March 29th - 1800 for 7 - 15 year olds

The practice days and times are 2 times per week between 1600 and 2000. CYS Sports is limited to three hours per week including practices and games. **During practice and games, the parents/guardians are responsible for the supervision of the siblings that are not participating in the sporting activity.**

League Play: The Little Batter's will practice 2 times per week with **NO GAMES**. Last day for Lil' Batter's is 15 & 16 May '19. Games for teams ages 5 - 15 yrs will be played Saturday's at JBLM McChord youth baseball fields. Your child's coach will furnish schedules and directions to the game locations.

Snacks: A list of acceptable snacks will be provided by your coach. Please adhere to the suggestions as we are trying to encourage healthy habits at a young age. Snacks should be nutritious in content. Please dispose of snacks in designated trash cans located near the bleachers.

Fees: Your registration fee is regulated by Department of the Army (DA). This fee covers medals, certificates and a team photo for all players posing in the photo. This fee also helps offset field maintenance, labor and officials fees. **REFUNDS ARE NOT AUTHORIZED.**

Pictures: **JBLM McChord picture day is April 23, 2019 & JBLM Lewis picture days are May 1-2, 2019.** Plans are to have pictures taken outside on the ball fields. Inclement weather will require them to be taken at McChord's Carter Lake Elementary School or in the Sports Zone on Lewis. That call will be made on picture day. Picture schedules for team times will be given to the coaches a few weeks into the season.

Volunteers: In order to coach or assist a team, a background check and a coach's certification training is **mandatory**. CYS Sports Coaching Vouchers are available for coaches and assistants, once the background check is **completed and cleared**. **Please contact the CYS Sports Office, at 967-2405 if you are interested.**

Sports Refunds: The sports activity fee is **non-refundable**.

Uniforms: **If we have a sponsor for the season, our athletes will be able to keep their t-shirts or jersey.** Uniform pants must be turned into your coach by the last day of games or to your CYS Sports Office to receive your team photo. Otherwise your CYS account will be charged \$15 for pants. **The only equipment you need to provide for your child is a ball mitt.**

Appropriate Conduct: Parents and coaches are reminded that comments should be kept to a minimum and foul language will **NOT** be tolerated at the games. Adherence to the Parents Code of Ethics will be enforced. Incidents of inappropriate behavior will be reviewed and corrective action will be taken. Remember to role model Pursuing Victory with Honor - Character Counts both on and off the field.

The CYS Sports & Fitness team thank you in advance for your support.



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CYNTHIA A. WILLIAMS-PATNOE
CYS Sports & Fitness Director



CHILD & YOUTH SERVICES
T-Ball 5-6 yrs.
Revised 22 March 2019



Special Comments:

- This program is designed to improve the social, emotional & cognitive growth of all our players.
- Rules are designed to allow all participants an equal opportunity to have fun in a modified form of baseball.
- Parents and coaches are expected to render their positive support at all times.
- T-Ball teaches the basic fundamentals of baseball. A batting tee will be used.

Rules: Play will be in accordance with the National Federation High School Baseball Rules with JBLM CYS Youth Sports Supplemental Rules and Amendments.

Field Distance:

- Distance between **bases** will be **50 feet**.
- A line from third base foul line to the first base line will be marked in a six-foot radius in front of home plate.
- A batted ball must go beyond this line before any player can field it or **Foul ball** is called.

Length of Game:

- The game consists of **5 innings** max.
- Time limit **1 hour**.

Player Participation:

- Age is determined by **age on first game**.
- **10** players on defense, **4** should be in the outfield (10 feet beyond bases)
- **All players will bat every inning whether playing in the field or not.**
- All players will have the opportunity to start as many games as possible.
- Coaches will rotate lineups in a manner, which allows all players the opportunity to play as many positions as possible throughout the season.
- Each player **should** play in at least 1st or 2nd inning on defense.

Scheduled Games:

- Games are played on Saturdays between 9:00 and 5:00
- Rescheduling of games is discouraged, due to numerous complications involved in rescheduling and time limit. Use your Assistant Coaches.
- Military formations, alerts, and inclement weather will receive immediate attention from CYS Sports and the schedule will be adjusted accordingly.

Rainouts:

- Rain out games may be rescheduled if possible. The CYSS Sports Director will determine rainouts.
- Coaches may call 253-967-2405, no earlier than 1530 hours on Friday and after 0800 hours on Saturday for a decision on rainouts.
- If inclement weather conditions continue after 0800 hours on Saturday, the decision to delay or cancel is left to the discretion of the CYS Sports Director after consulting Staff, Umpires, and Coaches. We will have a final decision by 0800 hours on Saturday.
- **Safety takes priority over all conditions.**

Batter:

- **All players will bat every inning 1 time each.** No outs or runs will be recorded.
- **The last batter and all other runners on base will run all bases regardless of where ball is hit.** Defense, let runners run without hindering.
- The ball must be hit off the tee.
- The ball must not be pitched.
- Bunting, attempting to bunt or not taking a full swing is illegal. Batter must take full swing. Redo till correct.

- Batter swings till ball is hit fair beyond the 10' line. The 10' line is considered foul.
- Hitting the ball and the tee simultaneously is allowed and the ball is considered fair if beyond the 10' line.
- There is no infield fly rule.
- The batter will not throw the bat. A warning will be issued on the 1st violation and sat down for an inning for future violations.

Base Running:

- Base Runners are not permitted to slide, steal or lead off bases.
- Batter and base runners may advance until the ball is held/controlled by an infielder and no play is being made. Usually only one base on each play unless ball is hit to the outfield. (Sportsmanship emphasized at ALL times).
- Courtesy runners will be allowed for injuries only.
- NAYS Certified Coaches only on field. All others must remain behind the fenced areas.
- 1 coach allowed at each base for offense
- Allowed to stay on base and continue to be base runner even if called out.
- Last batter & ALL runners on base will continue to run home to end the inning.

Safety:

- **Incrediballs** is the ball of choice. Rag balls and other T-Balls can be used if Incrediballs are not available.
- **Foam** or **Rubber bats** are the only authorized bats to be used in practices and games. (NO metal or wood bats)
- **Helmets** are encouraged but not mandatory.
- **Catchers gear** is NOT mandatory but may be worn. A mask or batting helmet is suggested.
- All injuries during practices or games will be called and report emailed to the Youth Sports Directors within 48 hours.

Conduct:

- Positive and low-key attitudes are expected at this level. FUN & participation
- Only the coaches should be coaching. Parents and spectators should be supportive, positive, and render positive support. Please DO NOT YELL & SCREAM at the players. Enthusiasm does not have to be loud. (:>)
- Any player, coach, or spectator ejected from a game for any reason might receive a suspension from the next scheduled game.
- CYSS Sports will determine if further action needs to be taken.
- Players and Coaches will shake hands (high-five) immediately after the game using good sportsmanship.
- Immediately after the game and congratulations, please clean-up the bench & bleacher area and vacate ASAP so next team will be allowed in to prepare for their game.

Tobacco Products or Controlled Substances:

- The use of any tobacco products (including electronic cigarettes), alcoholic beverages and any controlled substances by players, coaches, or spectators while in the playing field, dugouts, bleachers, and baseball area is prohibited at practice or games.
- Please do not throw cigarettes in parking lot. Use your own ash tray!

Abusive/Foul Language:

- Anyone who uses abusive or foul language toward players, coaches, umpire, other spectators, or administrators may be warned and/or asked to leave.
- Considering the age and inexperience of the player, any language or tone of voice used, which is threatening to one or more players, will be considered abusive.

Coaches

ALL coaches MUST be National Alliance for Youth Sports (NAYS) certified and should carry their certification card with them at all practices and games. Coaches should attend the Coaches clinic prior to the 1st game of the season or see the **Sports & Fitness Director or Sports Program Director** for needed information and certification.

Please see the JBLM CYSS Youth Sports Director or Youth Sports Program Director for any questions, problems, concerns, or suggestions to improve our program. Thank you. (:>)

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CHILD & YOUTH SERVICES

Coach-Pitch Baseball 7-8 yrs.

Revised 22 March 2019



Special Comments

- This program is designed to improve the social, emotional & cognitive growth of all our players.
- The rules allow all participants an equal opportunity to have **FUN** in a basic modified form of Baseball.
- Parents, Coaches, Spectators, Umpires', and Players are expected to be **Positive, and SAFE** at ALL times.
- Anyone not abiding by the rules and expectations may be asked to leave the vicinity.

Rules

Play with National Federation High School and the JBLM CYS Youth Sports supplemental rules. Coaches & parents should read and know the rules.

Coaches

ALL coaches MUST be National Alliance for Youth Sports (NAYS) certified. Coaches should attend the Coaches clinic prior to the 1st game of the season or see the Sports Director or Sports Program Director for needed information and certification. **Only the coaches should be coaching. Parents should NOT be yelling from the sidelines** that will cause confusion & frustration to both the players and Volunteer Coaches.

- **Each team is allowed 1 COACH on the field to coach & instruct players to learn.**
- **One coach will be for the offense & pitch, staying in the 10' area of the mound.**
- **Defensive Coach will be located in the outfield center field area.**
- Offense is still allowed 1 coach for each coaching box located at first & third base.

Age Classification

- Age is determined by **age on first game**.
- A player may play up, but not play down in age groups unless authorized by the Youth Sports Director.

Base: Distance will be **50** feet.

Pitching: Distance is **38** feet.

- The infield will be defined as 10 feet beyond each base in fair territory.
- A **PITCHING MACHINE** may be used if available and wanted.
- The Coaches will still administer the pitches. You will need 4 new/good balls.
- You may use the machine or coach pitch but not during the same at bat.
- Have catchers keep all balls behind them till batter has completed their turn at bat.
- If NOT using the machine, Coaches will still pitch from the mound, using an **OVERHAND MOTION ONLY.**
- **Each batter will be allowed a max of 4 pitches.**

Length of Game

- Games should start at the scheduled time. Please have your teams ready to go. Stretch & warm-up prior to game.
- The game consists of **5** complete innings.
- Games will not exceed **1-¼ hours**. (75 minutes). If an inning has started, it will be finished if possible.

Players Participation

- Teams should start with at least 8 players. You may play with **10** players on defense, but 4 must be in outfield.
- All players will have the opportunity to **start** as many games as possible.
- Coaches should **rotate** their **line-ups** in a manner that allows all players to have an opportunity to play as many positions throughout the season. Players will play 50% of every game.
- **All** players will be listed and **bat**. Same batting rotation will be used throughout the game.
- Players arriving late will be added to the bottom of the line-up and bat.
- Coaches should **exchange line-ups before the game** at least **5 minutes prior**.

Rainouts:

- Rain out games may be rescheduled if possible. The CYS Sports Director will determine rainouts.
- Coaches may call 253-967-2405, no earlier than 1530 hours on Friday and after 0800 hours on Saturday for a decision on rainouts.

- If inclement weather conditions continue after 0800 hours on Saturday, the decision to delay or cancel is left to the discretion of the CYS Sports Director after consulting Staff, Umpires, and Coaches. We will have a final decision by 0800 hours on Saturday.
- **Safety takes priority over all conditions.**

Scoring

- No coach pitch game shall continue for more than **5** innings. If the score is tied after 5 innings, the game shall be considered a tie game. **NO extra innings** will be played.
- Maximum of **5 runs** per inning. No matter how many outs, teams will change sides.
- This rule does **not apply in the 5th** inning if determined by the time limit.
- **Hosting team** should be the home team and both teams will keep the scorebook. Coin flip if undecided.

Pitchers

- Coaches pitch to their **own** team. Certified Coaches only allowed pitching within 10' of the pitching rubber.
- A player must take their position inside the 10' pitching circle to either the side or to the rear, but not in front of the Coach Pitcher. They will not advance in front of the Coach Pitcher until the ball has been hit.
- The pitch must be **delivered overhand** if the pitching machine is not used.
- After the pitch, the coach must stay within the 10' circle.
- If a **batted ball hits the coach pitcher** or the **Pitching Machine**, the ball is live and play continues.
- The coach pitcher or coaches may call **1 timeout per batter** and leave the mound or dugout area to talk with the batter or players. (Max. 1 min. and try NOT to delay). A **maximum of 4 pitches** is allowed per batter if needed. If not hit fair by 4th pitch, the batter is out. **No ball or strikes will be called.**

Baserunners

- Must remain on base **until the ball is hit**. (No lead off)
- May not advance to the next base until the ball is batted.
- If a defensive player catches or picks up the ball and makes a play on a runner by throwing the ball, the runner (s) may advance at their own risk until the ball is controlled and held by any infielder.
- If the ball is hit to the outfield, runners may advance till ball comes into the infield and controlled by the defense.
- **When time is called and the runners have stopped**, the base runner (s) must return to the last base touched unless forced to advance by runners behind them. **After play has been completed**, runners reaching 3rd can only score on a batted ball. **On infield overthrows**, the Base runner (s) advances only 1 base. **Courtesy runners** may be used for injuries only. **NO SLIDING ALLOWED.**

GENERAL SAFETY

- **RIF 5 Balls MUST** be used (Reduced Injury Factor). Staff will provide 4 game balls.
- The catcher must wear helmet, throat guard, chest protector, cup, face mask, and shin guards.
- Batters must wear helmets while batting and base running. Facemasks are optional.
- Only coaches, scorekeepers, players, and team aids are permitted on the players bench or playing area.
- Any player who **throws the bat** will be warned the 1st time and called out afterwards.
- Possible immediate ejection if deemed to be dangerous or possible injury could have occurred.
- Any injury is ejection.
- Wood bat handles do not need to be taped. All metal bats will have rubber handgrips or be properly taped.
- There is **NO infield fly rule.**
- **NO bunting allowed.**
- Coaches are encouraged to coach on the bases, **but must remain in the coach's box area** (marked or unmarked at 15' x 6' and 8' from bases) and must **not touch** the runners during live ball play.

Conduct & Profanity

Any coach, player, or spectator **ejected** from a game may receive an automatic suspension from the next game. Youth Center Sports Directors will determine if further action needs to be taken.

ALL players and coaches will shake hands **immediately** after the game with good sportsmanship.

Alcoholic Beverages, Tobacco Products, and Controlled Substances

The use of alcoholic beverages (including electronic cigarettes), tobacco products, and any controlled substances by players, coaches, volunteers, or spectators is prohibited at all times around youth sports events and area.

Please see the JBLM CYS Youth Sports Director or Sports Program Director for any questions, problems, concerns, or suggestions to improve our program. Thank you. (:>)



CHILD & YOUTH SERVICES

Coho Baseball 9-11 yr.

Revised 22 March 2019



Special Comments

- This program is designed to improve the social, emotional & cognitive growth of all our players.
- The rules allow all participants an equal opportunity to have **FUN** in a modified form of Baseball.
- Parents and coaches are expected to render their **Positive** support to **ALL** youth, coach's volunteers, and umpires.
- Sportsmanship and Good Conduct are expected at ALL times.

Rules

Teams will play in accordance with the **National Federation High School Baseball** rules and JBLM CYS Youth Sports Supplemental Rules:

Field

- All scheduled games will be played on existing McChord or Ft Lewis fields.
- **Bases** distance will be **60** feet. **Pitching** distance will be **44** feet. Mound height of approx. **8-12** "

Length of Game

- Game consists of **5** complete innings or time limit of **1 ½ hours**.
- No more than **5** runs will be scored per inning EXCEPT the last inning.
- **NO new innings will begin after the time limit has expired.**
- If an inning has started, it will be finished **if possible**. The game may end at the expiration of time regardless of how many outs or score but may continue if everyone is having fun, games on time, and umpire determines no problems.
- The game may end in a tie.

Players Participation

- Age is determined by **age on first game**.
- Teams should not start with less than 9 players if possible.
- All players will have the opportunity to **start** as many games as possible.
- Coaches should **rotate** their **line-ups** in a manner that allows all players to have an opportunity to play as many positions as possible. Players will play at least **50%** of every game on defense too.
- **All** players present will be listed and **bat** in the same order throughout the game.
- Players arriving late will be added to the **bottom** of the line-up and bat.
- Coaches will **exchange line-ups before the game** at least **5** minutes prior to game time.

Scheduled Games

- Rescheduling of games is discouraged due to numerous complications involved in rescheduling. Use your Assistant Coaches.
- Military formations, alerts, inclement weather, and other possible situations will receive immediate attention and the schedule will be adjusted as needed. Call the Information numbers.

Rainouts:

- Rain out games may be rescheduled if possible. The CYSS Sports Director will determine rainouts.
- Coaches may call 253-967-2405, no earlier than 1530 hours on Friday and after 0800 hours on Saturday for a decision on rainouts.
- If inclement weather conditions continue after 0800 hours on Saturday, the decision to delay or cancel is left to the discretion of the CYS Sports Director after consulting Staff, Umpires, and Coaches. We will have a final decision by 0800 hours on Saturday.
- **Safety takes priority over all conditions.**

Umpires

- Umpires should be equipped with the **proper equipment**.
- **Umpires need to file written report of any ejection or conflicts to the Youth Sports Director within 48 hours.**

Pitching

- Any team member may pitch, subject to the pitching rules of **no more than 3 innings per game**.
- Starting pitcher, once replaced as the pitcher, may return to the mound **1** time during game if moved to another position.
- As soon as pitcher delivers one pitch to a batter, the pitcher is considered as having pitched one inning.
- If a relief pitcher comes in "cold", the umpire shall allow the pitcher to warm up properly.
- **Balks** may be called. Warnings will be given at the **discretion & judgment of the umpire**. More than 1 warning may be given.
- Pitchers at this level should only be throwing fastball, change-up, & locations. Long term injuries can result if throwing curves or sliders.

Base Running

- Runners may **steal** bases, (**except home**) but may **not leave the 10' area** by each base **until the pitch has reached or passed home plate**. Pitcher can still throw for pick-off at 3rd but if overthrown, runner can not steal home. (Suggest NOT throwing to 3rd as wasting time).
- Once the **pitcher** has stepped on the rubber, with possession of the ball, **runners who lead off** beyond the 10' limit **before** the pitched ball reaches or passes home plate shall be **called out** and the pitch shall be considered as a **dead ball**.
- After a batter has batted and a play has been **completed**, runners reaching 3rd base safely must remain on 3rd base until either batted home or awarded home by a walk when the bases are loaded.
- Batters may **not** advance to **1st base on a dropped third strike**.
- Sliding may be either **feet or head first**. You **MUST** either **slide or avoid** if played on or be called out. (Dead ball)
- Steel metal cleats are NOT allowed. Plastic or molded cleats only. Must remove or NOT play. Ejected after warning or if caused injury on first incident. Warning goes toward team.

General Safety

- The catcher must wear helmet, throat guard, **cup**, and face mask. (Females have personal choice)
- Batters must wear helmets while batting and base running. Keep on when on the field.
- Only coaches, scorekeepers, players, and team aids are permitted on the players bench or playing area.
- Any player who throws the bat **may** be **warned the 1st time** and called out afterwards. If **deemed dangerous, or makes contact with another player**, called out or disqualification could result.
- All aluminum bat handles be properly taped with non-slip tape. Wood bats do not need taped but can be or use sticky substance.
- Players that are coaching must wear a helmet.
- Teams should report to the field **30 minutes prior** to the scheduled game time to allow for warm-up, roster, & Lineup exchanges.
- All injuries occurring during practice or games must be **emailed** to the Youth Sports Director using an **Accident Report Form** within **48** hours.
- The # **10 RIF** (Reduced Injury Factor) Ball will be used. Brand or type does not matter.
- Not All Equipment, Bats, or Balls will or need to have the National Federation Stamp. It is always possible to be deemed unsafe by the umpire but may be over-ruled by the Sports Director and allowed for use.
- On-deck batters in the warm-up circle **MUST be on their dugout side**.
- If not comfortable, stay back behind fence or in dugout till turn at bat.

Conduct

- Any coach or player ejected from a game will receive an automatic suspension from the next game.
- Youth Center Sports Directors will determine if further action needs to be taken.
- Any non-participants causing disturbance before, during, and after the game will be dealt with accordingly.
- You may be asked to leave the vicinity. Please keep Sportsmanship, Participation, and Positive Attitude in mind at ALL times.
- ALL players and coaches will shake hands **immediately** after the game.

Alcoholic Beverages, Tobacco Products, and Controlled Substances

The use of alcoholic beverages, **tobacco** products (including electronic cigarettes), and any controlled substances by players, coaches, volunteers, or spectators while on the playing field, dugout, bleachers, or game area (within outfield fences) will NOT be tolerated and is prohibited at practices and games. Please do not throw cigarettes on ground. Use your own ash tray.

Profanity

Spectators who use profanity or abusive language towards any player, coach, umpire, staff, or other spectator **may** be asked to leave the game & or vicinity.

The coaches are responsible to monitor and discipline as needed. If you cannot control the situation, ask the staff.

Considering the age and experience of the players, any language or tone of voice, which is threatening, is considered abusive.

Coaches

ALL coaches **MUST** be National Alliance for Youth Sports (NAYS) certified and should carry their certification card with them at all practices and games. Coaches should attend the Coaches clinic prior to the 1st game of the season or see the **Sports Director or Sports Program Director** for needed information and certification.

Please see the JBLM CYS Youth Sports Director or Sports Program Director for any questions, problems, concerns, or suggestions to improve our program. Thank you. (:>)

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Chinook Baseball 12-15 yr.

Revised 22 March 2019

Special Comments

- This program is designed to improve the social, emotional & cognitive growth of all our players.
- The rules allow all participants an equal opportunity to have **FUN** in a modified form of Baseball.
- Parents and coaches are expected to render their **Positive** support to **ALL** youth, volunteer coaches, umpires and staff.
- **SAFETY**, Sportsmanship and Good Conduct are expected at ALL times.

Rules: Teams will play in accordance with the National Federation High School Baseball rules with the following JBLM **amendments:**

Field

All scheduled games will be played on existing McChord and Lewis fields when possible.

Bases distance will be **70** feet. **Pitching** distance will be **48** feet. Mound height of approx. **12" to 18"**.

Regular Baseballs will be used. Brand or type does not matter.

Length of Game

- Game consists of **7** complete innings or time limit of **2 hours**.
- No more than **5** runs will be scored per inning EXCEPT the last inning.
- **NO new innings will begin after the time limit has expired.**
- If an inning has started, it will be finished **if possible**. The game may end at the expiration of time regardless of how many outs or score but may continue if everyone is having fun, games on time, and umpire determines no problems.
- The game may end in a tie.

Players Participation

- Age is determined by **age on first game**.
- Teams can start with less than 9 players and borrow players from other team (s) if needed. NO out for missing player (s).
- All players will have the opportunity to **start** as many games as possible.
- Coaches should **rotate** their **line-ups** in a manner that allows all players to have an opportunity to play as many positions as possible.
- Players will play at least **50%** of every game on defense too.
- **All** players present will be listed and **bat** in the same order throughout the game even though not on defense. Everyone bats.
- Players arriving late will be added to the **bottom** of the line-up and bat.
- Coaches should **exchange line-ups before the game** at least **5** minutes prior to game time.

Rainouts:

- Rain out games may be rescheduled if possible. The CYS Sports Director will determine rainouts.
- Coaches may call 253-967-2405, no earlier than 1530 hours on Friday and after 0800 hours on Saturday for a decision on rainouts.
- If inclement weather conditions continue after 0800 hours on Saturday, the decision to delay or cancel is left to the discretion of the CYS Sports Director after consulting Staff, Umpires, and Coaches. We will have a final decision by 0800 hours on Saturday.
- **Safety takes priority over all conditions.**

Pitching

- Team members' ages 12-14 yrs may pitch, subject to the pitching rules of **no more than 4 innings per game**.
- 15 years old are NOT allowed to pitch due to safety.
- **Obvious Baulks** should be called. Warnings will be given at the **discretion & judgment of the umpire**.
- More than 1 warning may be given.
- Pitchers at this level **should** only be throwing fastball, change-up, & locations. Long term injuries can result if throwing curves or sliders.

Base Running

- Runners may **lead off** and **steal** bases. (Regular baseball)
- Batters **may** advance to **1st base on a dropped third strike** if no runner on 1st or 2 out. Can NOT run if 1st occupied with 1 out or less. Other runners can run at their own risk.
- **Sliding** may be either **feet or head first**. You MUST either **slide or avoid** if played on or called out for interference.
- **Steel metal cleats are NOT allowed**. Plastic or molded cleats only. Must remove or NOT play. Ejected after warning or if caused injury on first incident. Warning goes toward team.

General Safety

- The catcher must wear helmet, throat guard, **cup**, and face mask at all times. (Females have personal choice)
- **Batters must wear helmets while batting and base running.** Keep on when on the field and remove only once in the dugout.
- Only coaches, scorekeepers, players, and team aids are permitted on the players bench or playing area.
- Any player who throws the bat **may** be **warned the 1st time** and called out afterwards.
- If **deemed dangerous**, or makes **contact with another player or person**, called out or disqualification could result.
- All aluminum bat handles be properly taped with non-slip tape. Wood bats do not need taped but can be or use sticky substance.
- Players that are coaching must wear a helmet.
- Teams should report to the field **30 minutes prior** to the scheduled game time to allow for warm-up, roster, & Lineup exchanges.
- All injuries occurring during practice or games must be **emailed** to the Youth Sports Director using an **Accident Report Form** within **48** hours.
- On-deck batters in the warm-up circle **MUST be on their dugout side.** If not comfortable, stay back behind fence or in dugout.

Conduct

- Any coach or player ejected from a game will receive an automatic suspension from the next game.
- Youth Sports Directors will determine if further action needs to be taken.
- Any **non-participants** causing disturbance before, during, and after the game will be dealt with accordingly.
- You may be asked to leave the vicinity. Please keep Safety, Sportsmanship, Participation, and Positive Attitude in mind at ALL times.
- ALL players and coaches will shake hands **immediately** after the game using good sportsmanship.
- Do NOT Taunt or use Un-sportsmanlike conduct towards members of opposing team.
- Enforce safety at ALL times. (Sliding, Tagging, Running, Batting, Throwing)
- If a team is obviously winning & playing better, sportsmanship MUST be enforced at ALL times by NOT making a travesty of the game, running up the score, etc. Rotate players to positions to NOT overplay the opposing team.

Alcoholic Beverages, Tobacco Products, and Controlled Substances

The use of alcoholic beverages, **tobacco** products (including electronic cigarettes), and any controlled substances by players, coaches, volunteers or spectators while on the playing field, dugout, bleachers, or game area (within outfield fences) will NOT be tolerated and is prohibited at practices and games. Please DO NOT throw cigarettes on ground. Put in your own ash tray.

Profanity

NO profanity or abusive language is allowed. Everyone is responsible to monitor and discipline as needed. If you cannot control or want to get involved, please ask the staff. Considering the age and experience of the players, any language or tone of voice, which is threatening, is considered abusive.

Coaches

ALL coaches MUST be National Alliance for Youth Sports (NAYS) certified and should carry their certification card with them at all practices and games.

Umpires: Umpires and person(s) involved in incident must file a report of any ejection to the **Sports Director within 48 hours by email.** Coaches when not involved should also respond with email of incident.

Ejection: Once a person is ejected, the umpire will go to the pitcher's mound area and request the CYSS Youth Sports Staff. The staff will ensure of immediate removal of the person ejected.

First, "AVOIDANCE" is preferred.... In any inappropriate, unruly or unsportsmanlike behavior that would potentially cause a scene!! Please remember our youth are watching us and we do NOT want anyone to see or hear inappropriate behavior! We are all here to help provide a SAFE & POSITIVE Place for Youth!

Write it up and send to us ASAP so we can do what is needed in the best interest of our youth, volunteers, umpires and programs.

Please see the JBLM CYS Youth Sports Director or Sports Program Director for any questions, problems, concerns or suggestions to improve our program. Thank you. (:>)

Cynthia Williams-Patnoe

253-967-2405

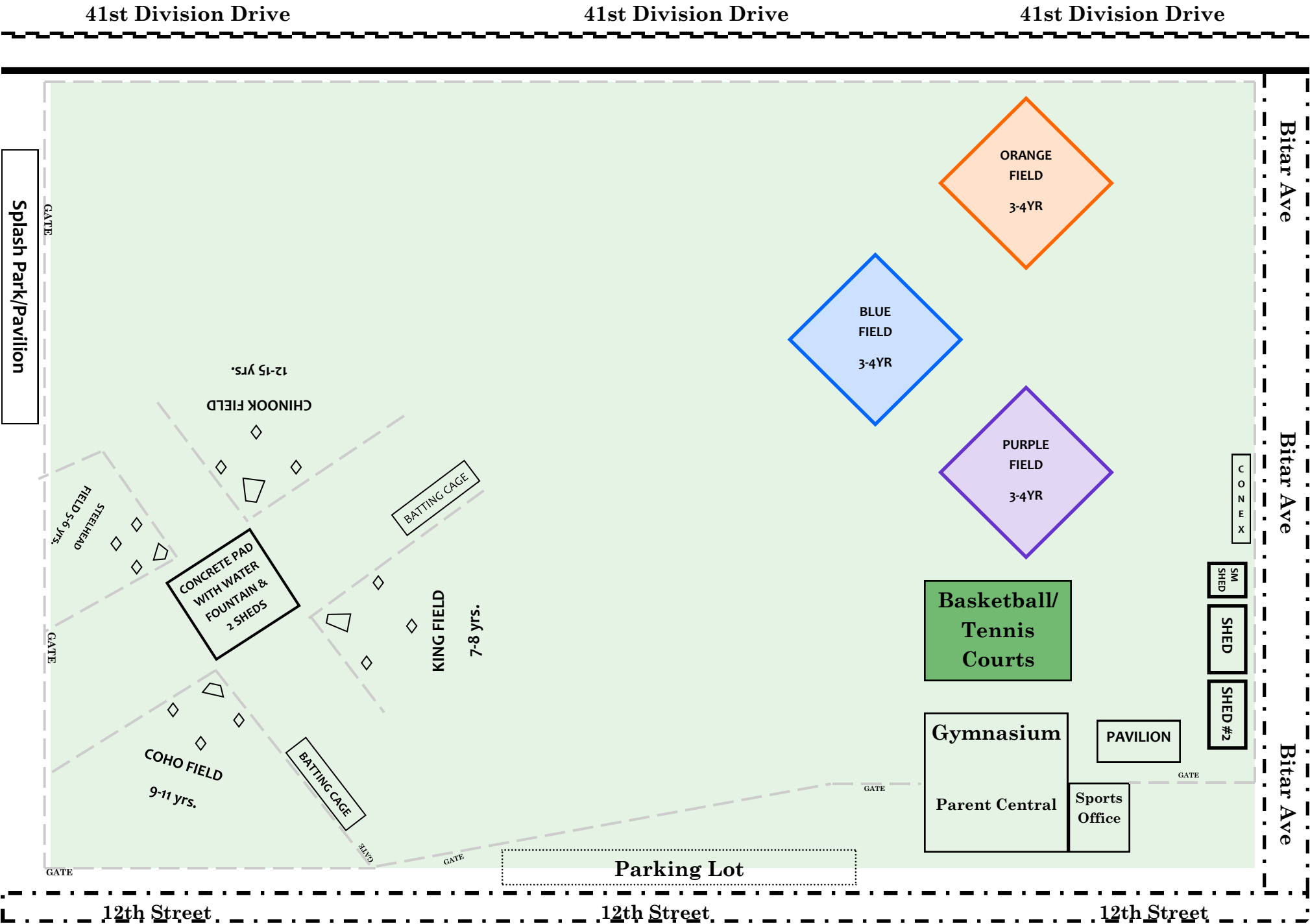
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CYS BASEBALL FIELDS 2019



PLAYERS' CODE OF ETHICS

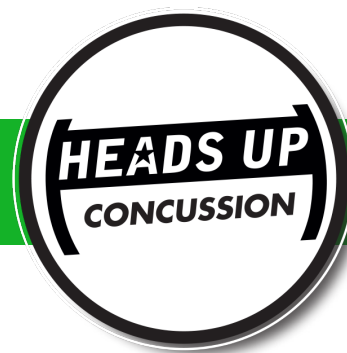
I hereby pledge to be positive about my youth sports experiences and accept responsibility for my participation by following this Players' Code of Ethics pledge:

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair and equal amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun.
- I deserve to play in an environment that is free from drugs, tobacco and alcohol and expect adults to refrain from their use at all youth sports events.
- I will encourage my parents to be involved with my team in some capacity because it is important to me.
- I will do my very best in school.
- I will remember that sports participation is an opportunity to learn and have fun.

Player Signature

Date

HEADS UP CONCUSSION ACTION PLAN



IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

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

CONCUSSION SIGNS AND SYMPTOMS

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

SYMPTOMS REPORTED BY ATHLETE

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

SIGNS OBSERVED BY COACHING STAFF

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



JOIN THE CONVERSATION AT  www.facebook.com/CDCHeadsUp

HEADS UP

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION



SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right"

ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play **only** with permission from an appropriate health care professional.

IMPORTANT PHONE NUMBERS

FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name: _____

Hospital Phone: _____

Hospital Name: _____

Hospital Phone: _____

For immediate attention, CALL 911

If you think your athlete has sustained a concussion... take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.

For more information and to order additional materials **free-of-charge**, visit:
www.cdc.gov/ConcussionInYouthSports

Healthy Snack Ideas

The key to healthy snacking is in providing a balance of food choices that the children can enjoy. Make it a point to read the Nutrition Facts Label that now appears on most processed or prepared food products. These labels provide useful information about serving size, total calories and calories from carbohydrates, protein and fat along with information on the other nutrients contained in the food. In addition to the nutrition facts label, food manufactures are now required to list on the label, in descending order, the weight of all ingredients in a food product. Try to select snacks that do not have sugar, salt or oils listed as the prime ingredients.

Guideline and Suggestions for Healthy Snacks:

1. Prepare snacks that are kid-friendly. When serving fruits and vegetables offer them in bite size portions. Some fruits and vegetables such as apples, pears and carrots can be cut up into sizes that children can easily manage. Try to prepare snacks in advance.
2. Select only juices that are 100% juice. All fruit drinks are now required to have a list of the ingredients on the label. Many products that advertise themselves as fruit juices contain no more than 10% juice. Avoid soft drinks.
3. Limit cookies, doughnuts, brownies and other baked goods. Instead serve bagels or rice cakes. Children also enjoy mixing several types of ready to eat cereals together for a snack.
4. Limit chips and other salty, high fat snacks. Instead, offer baked pretzels, air popped popcorn, dried fruit, dry cereal, granola and whole grain crackers.

Snack Ideas

Apple Chips/Baked Chips

Ritz/Wheat Thins

Fruit Juices

Whole grain crackers

Muffins

Bagels

Cheese Sticks

Dried Fruit

Rice Cakes

Fresh Fruit Slices

Trail Mix

Bread Sticks

Ready to eat cereal mix

Baked Pretzels

Real Fruit Roll-ups

Animal Crackers

Granola Bars

Cheese & Crackers

Raw Vegetables

Beef Jerky

Fruit Bars



Facts About Lightning

Safety Tips for the Mariner

MESMERIZING BUT DEADLY

Lightning kills more people in the United States in a year than tornadoes. Mariners are particularly at risk. Marine vessels are often the tallest objects in a large open space. Seeking the tallest objects, lightning has blown out the bottom of boats and caused millions of dollars in damage to navigational equipment.

WHAT IS LIGHTNING?

Lightning is the result of the buildup and discharge of electrical energy. The air in a lightning strike is heated to 50,000 degrees Fahrenheit. It is this rapid heating of the air that produces the shock wave that results in thunder.

A cloud-to-ground lightning strike begins as an invisible channel of electrically-charged air moving from the cloud toward the ground. When one channel nears an object on the ground, a powerful surge of electricity from the ground moves upward to the clouds and produces the visible lightning strike.

The danger of lightning poses a major threat to mariners. A direct lightning hit can damage or destroy vessels, overload navigational and other electronic systems, and electrocute crew and passengers.

How Do You Know if You Are in DANGER?

Lightning is a threat whenever:

- You see lightning or hear thunder
- You hear loud static on your AM radio
- You hear buzzing sounds on radio antennas
- Mastheads begin to glow

St. Elmo's Fire

The glow on a masthead produced by an extreme buildup of electrical charge is known as St. Elmo's Fire. Unprotected mariners should immediately move to shelter when this phenomena occurs. Lightning may strike the mast within five minutes after it begins to glow.



Multiple cloud-to-ground lightning strikes during a nighttime thunderstorm

The principle lightning safety guide is the 30-30 rule. The first "30" represents 30 seconds. If the time between when you see the flash and hear the thunder is 30 seconds or less, the lightning is close enough to hit you. If you haven't already, seek shelter immediately.

The second "30" stands for 30 minutes. After the last flash of lightning, wait 30 minutes before leaving your shelter. More than one half of lightning deaths occur after a thunderstorm has passed.

How Close Is The Lightning And Is It Coming My Way?

You can tell how close you are to a lightning strike by counting the seconds between seeing the flash and hearing the thunder. For every five seconds you count, the lightning is one mile away. If you see a flash and instantly hear the thunder, the lightning strike is very close. Take shelter immediately.

A hand bearing compass can be used to determine if you are in the path of a storm. By observing the storm's ground flashes and using a series of bearings, you can plot the approach of a thunderstorm. If the bearing of the flashes doesn't change, the average storm is heading toward you. It is time to alter your course.

What To Do When Lightning Threatens?

Before Setting Out on the Water

Before setting out to sea know what conditions to expect. Listen to a NOAA Weather Radio for weather information and plan your trip accordingly. If severe weather is approaching or forecast, the best bet is to stay ashore.

When thunderstorms threaten, mariners should stay away from the water, get to shore if already underway, get out of their vessels and seek shelter immediately inside a sturdy, closed building, vehicle or below decks.

Even when conditions look good, mariners should still leave a float plan with a marina or someone ashore and make sure they have an escape route planned in case a thunderstorm cuts off the original course back to land. Conditions can change from good to bad very quickly.

Out on the Water

If a thunderstorm catches you while you are at sea, follow these safety guides:

- Keep away from metal objects not grounded to the vessel's protection system. Contact with them during a direct hit can cause electrocution.
- Stay out of the shower. The electrical charge often travels along and through plumbing.
- Wear a life jacket at all times. A victim struck by lightning can be rendered unconscious and fall overboard.
- Stay tuned to NOAA Weather Radio for the latest warnings, watches, advisories, and forecasts from the local National Weather Service office.

Remember...

Lighting occurs in all thunderstorms, preparedness can reduce the risk of lightning hazard.

For more striking facts about lightning check out the following Web site:

lightningsafety.noaa.gov





Parents' Code of Ethics



I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this PAYS Parents' Code of Ethics:

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.

I will place the emotional and physical well-being of my child ahead of a personal desire to win.

I will insist that my child play in a safe and healthy environment.

I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.

I will remember that the game is for youth - not for adults.

I will do my very best to make youth sports fun for my child.

I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.

I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

Parent Signature

Date

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