



DEAR COACHES

THE SSAFC WOULD LIKE TO THANK YOU FOR HELPING US OUT WITH THE BASEBALL/SOFTBALL PROGRAMS. WITHOUT YOUR HELP WE COULD NOT HAVE A SUCCESSFUL PROGRAM. WE HOPE TO PROVIDE A POSITIVE EXPERIENCE FOR THE YOUTH AND HELP THEM DEVELOP PROPER SKILLS. IF YOU HAVE ANY QUESTIONS AT ALL, PLEASE DON'T HESITATE TO GIVE US A CALL AT 783-2423.

SINCERELY,

JACKI RUF

SSAFC PROGRAM COORDINATOR

VOLUNTEER COACHES RESPONSIBILITIES

- 1. STRIVE TO SET AN EXAMPLE OF GOOD SPORTSMANSHIP AND CONDUCT AS A COACH, AS WELL AS INFLUENCE THE PROPER ATTITUDE OF ALL TEAM MEMBERS**
- 2. ABIDE BY THE DECISION OF THE OFFICIAL.**
- 3. AT ALL TIMES, WIN OR LOSE, PART WITH OPPONENTS ON FRIENDLY TERMS.**
- 4. BE KIND AND COURTEOUS WITH PLAYERS, OFFICIALS, OTHER COACHES AND ALL SPECTATORS.**

IF AT ANY TIME, THE PROGRAM COORDINATOR OR SUPERVISOR FEELS LIKE THE COACH IS BREAKING THESE RULES, OR IS NOT CONDUCTING HIM/HERSELF IN A POSITIVE MANNER, HE HAS THE RIGHT TO ASK THE COACH TO LEAVE AT ANY TIME AND HE/SHE COULD BE DONE FOR THE REST OF THE SEASON.

REMEMBER THIS PROGRAM IS DESIGNED TO BE FUN, WHILE DEVELOPING GAME SKILLS AND FOCUSING ON PRINCIPLES OF SPORTSMANSHIP AND FAIR PLAY

T-BALL—5 & 6 YEAR OLDS

1. All kids will bat and play in the fielding positions during the entire game. No player should play the same position more than once in a game.
2. No score will be kept. Runs and outs will not be recorded. If a runner is put out on base, he / she will be encouraged to go back to the dugout or bench and not stay on base. PLEASE HANDLE WITH CARE AND POSITIVE COMMENTS.
3. Teams will bat through the lineup and then rotate out to play defense in the field.
4. Games will last 50 minutes. Game time begins at the scheduled time.
5. Batter/base runners must wear a protective helmet. If a helmet falls off, replace it promptly.
6. The last two weeks of the season, coaches will pitch to all their kids. Coaches will deliver a maximum of 6 pitches. If the batter does not hit, the "T" will be brought in for the player to hit off of.
7. The ball must clear the 10' circle to be fair.
8. Throwing the bat is not permitted. Teach the players to drop their bat properly.
9. The batter and on deck batter are permitted off of the bench. Keep all other players in the bench area until it is their turn. Get a parent to help with this matter if necessary.
10. Please don't move bases!
11. Home team will be in the Third Base line.
12. Lighting Rule/Weather Issues: When lightning is seen, suspend play for 30 minutes and vacate the outdoor activity to a safer location immediately. Coaches will help determine. Games will be played unless lightning is a factor.
13. Please remember that SSAFC leagues are designed as learning leagues. Teach proper techniques, fielding positions and sportsmanship. Help the players have a FUN experience so they will want to play again.

COACH PITCH – 1ST & 2ND GRADERS

1. Coaches will pitch to their own team. A maximum of 6 pitches will be delivered to each batter. Foul balls on the 6th pitch will result in an additional pitch. If the batter misses the 7th pitch, he / she is out—no exceptions.

2. The player on the defensive team playing the pitching position must be within the 8 foot radius circle around the pitcher's mound when the ball is pitched.

3. There may be a base coach at 1st and 3rd base. They must stay back away from the baseline. There can be NO PHYSICAL CONTACT with the runners. If there is contact when the ball is in play, the runner will be called out.

4. PARTICIPATION RULES:

- Teams will bat through their line up each time at bat. No score will be kept.
- Teams will play all participants in the field each time on defense.

5. PARTICIPATION/TEAM GOALS:

- Offensive goals: Hit the ball hard, run fast, run bases well, try to score.
- Defensive goals: Get to the ball, make a play to try to get someone out, and try to catch a fly ball. As a team, work for a maximum number of outs.

6. Catchers must wear a mask, chest protector and shin guards.

7. If the batted ball hits the coach/pitcher, the ball will be called dead. The runners will not advance. The batter will be pitched to again retaining the previous count.

8. All players play defense. There may be a maximum of 4 players in the infield in addition to the pitcher and catcher. All other players must be in the outfield area.

9. There will be NO STEALING BASES.

10. OVERTHROWN BALL—Players may advance on overthrown balls with the chance of being put out. One base on an overthrow that goes out of play—awarded by the umpire. If the ball remains in the playing field boundaries, it is a live ball and more bases could be taken.

11. When the ball has been declared dead, have the kids return it to the player playing the pitching position—not the coach/pitcher.
12. The base runners must stay at the closest base when the ball is thrown into the pitcher within the 8 foot radius circle. The play is over regardless of whether the pitcher catches it or not.
13. The shortstop will play their position a maximum of 2 steps in front of the baseline between 2nd and 3rd bases. He / She cannot be any closer than this.
14. Batter/base runners must wear a protective helmet. If a helmet falls off, replace it promptly. If a helmet is removed intentionally, the player may be called out.
15. NO THROWING THE BAT!! If a bat is thrown, both teams will receive a warning. After a warning, any bat thrown will result in an out.
16. Games will last 50 minutes. Game time begins at the scheduled time.
17. Coach must pitch within the designated circle.
18. Home team will be in the Third Base Line.
19. Lighting Rule/Weather Issues: When lightning is seen, suspend play for 30 minutes and vacate the outdoor activity to a safer location immediately. Coaches will help determine. Games will be played unless lightning is a factor.
20. Please remember that SSAFC leagues are designed as learning leagues. Teach proper techniques, fielding positions and sportsmanship. Help the players have a FUN experience so they will want to play again.

PONY LEAGUE GENERAL RULES

The National Federation (high school) rules will govern play for all leagues. SSAFC has adopted some rules and regulations to make the program better for all participants.

When traveling to Park city, balls will be pitched on a pitching machine

1. Teams will be granted a five-minute grace period after scheduled game time. The umpire at each field will hold the official clock and will make the determination. Game clock will begin at the scheduled time.

2. Teams in all leagues must have 7 players to count as a legal game. Any number under 7 will result in a forfeit.

3. If a forfeit occurs, the team with enough to start the game will be awarded the win. The teams will divide up and play a game. Umpires and scorekeepers will officiate the game.

4. If neither team has enough to play, a decision by coaches will be reached whether to play or not.

5. Since all players will be on the batting order in all games, if a player has to leave during the game for another appointment, there will be no penalty. However, if the number of players on a team drops below seven at any time during the game, the game will be ruled a forfeit.

6. Please remember that SSAFC leagues are designed as learning leagues. Teach proper techniques, fielding positions and sportsmanship. Help the players have a FUN experience so they will want to play again.

EVERYONE WINS WHEN THEY HAVE FUN AND LEARN TO PLAY BETTER.

7. Game length will be 7 innings or no new inning after 1 hour and 30 minutes. In the event there is a tie, and the time limit has expired we will use the International Tie Breaker for 1 inning to break the tie. A runner will be placed on second base at the start of the top and bottom half of the inning. If the tie is not broken that inning the game will end in a tie.

8. 10 run rule after 5 innings.

9. Pitchers are allowed to pitch 8 innings in one week (please keep in mind how much they have pitched during the week in any other games).

- The pitching distance is 54', base distance is 80'

10. Once a pitcher leaves the mound they cannot re-enter as a pitcher, they can move to other positions but may not go back into pitch.

11. Unlimited Defensive substitutions.

12. On offense you can hit 10 or more in the batting order but designate prior to the game. If you hit nine the re-entry rule will be in place; starters can re-enter one time in the same spot in the order.

13. Home team will be official scorer unless otherwise designated by umpire. Put starting time in the book.

14. We will enforce an avoid contact or must slide rule at all bases. Malicious contact- runner will be ejected. It is the discretion of the umpire if the runner is trying to avoid contact or a collision.

15. A must slide rule will be in effect when an infielder is attempting to turn a double play at second base. This rule is for the protection of the baserunner.

16. No speed up rules. Every player needs to learn to run the bases. 17. There are no restrictions on the size of bats.

18. Keep your team hustling on and off the field.

19. Home team will occupy first base dugout.

20. Lighting Rule/Weather Issues: When lightning is seen, suspend play for 30 minutes and vacate the outdoor activity to a safer location immediately. 30-minute rule will be enforced! Once play has been suspended, wait 30 minutes after the lightning is witnessed prior to resuming play. Subsequent lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin. Game can only be suspended for 60 minutes total, or it must be cancelled.

21. If game is cancelled due to weather issues, it will not be made up if 3 innings or more have been played.

GIRLS SOFTBALL – (3RD - 5TH GRADE)

GENERAL RULES

The National Federation (high school) rules will govern play for all leagues. SSAFC has adopted some rules and regulations to make the program better for all participants.

1. Teams will be granted a five-minute grace period after scheduled game time. The umpire at each field will hold the official clock and will make the determination if a team is granted the 5-minute grace period. Game clock will begin and end at the scheduled time.
2. Umpires and scorekeepers will officiate the game.
3. Since all players will be on the batting order in all games, if a player has to leave during the game for another appointment, there will be no penalty. However, if the number of players on a team drops below seven at any time during the game, the game will be ruled a forfeit.
4. Please remember that SSAFC leagues are designed as learning leagues. Teach proper techniques, fielding positions and sportsmanship. Help the players have a FUN experience so they will want to play again.

GIRLS SOFTBALL – (3RD -5TH GRADE)

Games will last 5 innings OR no new innings after 70min. There is a 6 run per inning limit. If 6 runs are scored before 3 outs have occurred, the turn at bat is over.

1. The pitcher must start with the pivot foot in contact with the pitcher's plate. One foot must be in contact with the plate when delivering the ball. Kid pitch for 3 ball count, non-strikes, then the coach steps in. Coach may then throw up to three pitches. If no hit within the three coach pitches, the player is out unless the last hit is a foul ball, then batter gets one more pitch no exceptions. There is no walking.

- Scenario: >Batter receives a count of three balls and one strike. Coach enters the game to pitch to his own team's player. Coach pitches a maximum of THREE pitches.
- Pitching distance is 35'
- Ball Circumference is 11"

2. The base runners must go to the closest base when the defensive team attempts to return the ball to the pitcher when she is standing within the pitching 8-foot radius circle. All play must stop if the ball enters or passes through the pitcher's circle space, regardless of whether the pitcher catches it or not.

3. There will be NO STEALING BASES.

4. Base runners need to learn to slide. They should slide at 2nd, 3rd, and home plate if there is a play being made. A play is defined as an attempt to put the base runner out. An attempt is when a fielder has the ball or is in the act of catching the ball. If there is a collision or interference with a play being made, the umpire will call the ball dead and rule the base runner out. All other base runners will return to the base last occupied at the time of the infraction. BE SMART AND SLIDE!!

5. There is open substitution on defense.

6. OVERTHROWN BALL—Players may advance on overthrown balls with the chance of being put out. One base on an overthrow if it goes out of play. This will be governed by the umpire. If the ball remains in the playing field boundaries, it is a live ball, and more bases could be taken.

- Once the ball has been returned to the pitching circle (Does not apply on a ball hit to the pitcher) and is in control of the pitcher in the pitching circle, all runners may not advance beyond the base they are headed. (If the ball is returned to the pitcher, and the pitcher then makes an overthrow in an attempt to throw a runner out at any base, all runners may only advance one base at their own risk.)

7. Batter/base runners must wear a protective helmet. If a helmet falls off, replace it promptly. If a helmet is removed intentionally, the player may be called out.

8. **NO THROWING THE BAT!!** If a bat is thrown, both teams will receive a warning. After a warning, any bat thrown will result in an out.

10. BUNTING is not allowed.

11. No automatic/intentional walks.

12. You must pitch to the batter.

13. 6 runs per inning rule. If the offensive team scores 6 runs, their turn at bat is over. They will rotate out to play defense even if 3 outs have not occurred.

14. Games will last 5 innings OR 70 minutes. Game time begins at the scheduled time unless previous games go past the hour.

15. Home Team will occupy First Base Dugout.

16. All outfield must be on the grass. Up to 4 outfielders allowed, 10 on the field.

17. Lighting Rule/Weather Issues: When lightning is seen, suspend play for 30 minutes and vacate the outdoor activity to a safer location immediately. 30-minute rule will be enforced! Once play has been suspended, wait 30 minutes after the lightning is witnessed prior to resuming play. Subsequent lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin. Game can only be suspended for 60 minutes total, or it must be cancelled.

18. If game is cancelled due to weather issues, it will not be made up if 3 innings or more have been played.

GIRLS SOFTBALL – (6TH – 8TH GRADE)

GENERAL RULES

The National Federation (high school) rules will govern play for all leagues. SSAFC has adopted some rules and regulations to make the program better for all participants.

1. Teams will be granted a five-minute grace period after scheduled game time. The umpire at each field will hold the official clock and will make the determination if a team is granted the 5-minute grace period. Game clock will begin and end at the scheduled time.
2. Umpires and scorekeepers will officiate the game.
3. Since all players will be on the batting order in all games, if a player has to leave during the game for another appointment, there will be no penalty. However, if the number of players on a team drops below seven at any time during the game, the game will be ruled a forfeit.
4. Please remember that SSAFC leagues are designed as learning leagues. Teach proper techniques, fielding positions and sportsmanship. Help the players have a FUN experience so they will want to play again.

GIRLS SOFTBALL – (6TH – 8TH GRADE)

Games will last 7 innings OR no new innings after 80min. There is an 8 run per inning limit. If 8 runs are scored before 3 outs have occurred, the turn at bat is over.

1. The pitcher must start with the pivot foot in contact with the pitcher's plate. One foot must be in contact with the plate when delivering the ball.
 - If a pitcher walks three batters in a row, the coach MAY step into pitch.
 - The pitching distance is 40'.
 - Ball circumference is 12"
2. The league DOES PLAY THE 3rd STRIKE RULE. If the catcher doesn't catch the ball and it is on the 3rd strike, and there are less than two outs and first base is unoccupied, the batter can run to first base. Runner is at risk of being called out. he same throughout the game.

3. STEALING BASES is ALLOWED. Players can steal bases after the ball is released by the pitcher. Base runners must be in contact with the base they occupy until the ball is pitched. Runners may then make an attempt to steal the next bases. If she chooses not to steal, she must return immediately to the base she occupied before the ball was pitched. Runners cannot stand between bases once the ball goes back to the pitcher. If she does not return, she can be called out. UMPIRE'S JUDGEMENT

4. Base runners need to learn to slide. They should slide at 2nd, 3rd, and home plate if there is a play being made. A play is defined as an attempt to put the base runner out. An attempt is when a fielder has the ball or is in the act of catching the ball. If there is a collision or interference with a play being made, the umpire will call the ball dead and rule the base runner out. All other base runners will return to the base last occupied at the time of the infraction. BE SMART AND SLIDE!!

5. All players will bat. The batting order will remain the same throughout the game.

6. There is open substitution on defense.

7. OVERTHROWN BALL—Players may advance on overthrown balls with the chance of being put out. This will be governed by the umpire. If the ball remains in the playing field boundaries, it is a live ball, and more bases could be taken.

8. Batter/base runners must wear a protective helmet. If a helmet falls off, replace it promptly. If a helmet is removed intentionally, the player may be called out.

9. NO THROWING THE BAT!! If a bat is thrown, both teams will receive a warning. After a warning, any bat thrown will result in an out.

10. No stepping on or over the plate to hit the ball.

11. BUNTING is allowed.

12. No automatic/intentional walks.

13. You must pitch to the batter.

14. 8 runs per inning rule. If the offensive team scores 8 runs, their turn at bat is over. They will rotate out to play defense even if 3 outs have not occurred.

15. Game clock begins at the scheduled time. Games consist of 7 innings with no new inning after 80 minutes. Game time begins at the scheduled time and ends at scheduled time unless previous games go past the hour.

16. Home Team will occupy First base dugout.

17. Lighting Rule/Weather Issues: When lightning is seen, suspend play for 30 minutes and vacate the outdoor activity to a safer location immediately. 30-minute rule will be enforced! Once play has been suspended, wait 30 minutes after the lightning is witnessed prior to resuming play. Subsequent lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin. Game can only be suspended for 60 minutes total, or it must be cancelled.

18. If game is cancelled due to weather issues, it will not be made up if 3 innings or more have been played.

BASEBALL – MINORS LEAGUE (3RD & 4TH GRADE)

GENERAL RULES

1. 1 hour game clock - No new inning begins after 50 minutes. There is a 6 run per inning limit. If 6 runs are scored before 3 outs have occurred, the turn at bat is over.

2. The pitcher must start with the pivot foot in contact with the pitcher's plate. One foot must be in contact with the plate when delivering the ball.

- The pitching distance is 40', base distance is 60'.

3. A child-pitcher may pitch a maximum of three balls (non-strikes) during a single at bat. After the third called ball, an offensive coach will pitch a maximum of three pitches. The umpire will continue to call balls and strikes, though balls will not be counted. The batter must swing and miss for a strike to be called when the coach is pitching. After the 3rd pitch the batter is out unless the ball is fouled out. In this case, the batter will get another strike. You may not strike out on a foul ball. There are no walks allowed, unless batter gets hit with the ball.

4. The coach is considered part of the field. If he or she is hit with the ball, play continues unless the umpire feels it was intentional. If ruled intentional, the batter is out and the base runners return to the original base.

5. A "Ball Shagger" will be used to retrieve a passed ball and return it to the catcher. The catcher will then throw it back to the pitcher. The ball shagger must be 12 years of age, not influence the players or play and must wear a protective helmet if under 16 years of age. This is meant to speed up play.

6. There will be NO STEALING BASES.

7. Runners must be in contact with the base they occupy until the ball crosses home plate, at which time, he/she could try to advance. The runner may advance if the ball is hit fairly. If the catcher misses the ball, the runners must return to the base he/she occupied when the ball was pitched. If he/she does not return immediately, he/she can be called out. UMPIRE'S JUDGEMENT

8. OVERTHROWN BALL—Players may advance one base on an overthrown ball with the chance of being put out. The runners may NOT advance home on an overthrown ball. If bases are loaded and an overthrown ball is in play, runners will stay on their base. No advancement can be made.

9. A team plays with 9 players infield on defense. All players will bat. The batting order will remain the same throughout the game.

10. There is open substitution on defense. The 9th player/rover will occupy his area on the grass behind the baselines until the ball is hit.

11. Batter/base runners must wear a protective helmet. If a helmet falls off, replace it promptly. If a helmet is removed intentionally, the player may be called out.

12. NO THROWING THE BAT!! If a bat is thrown, both teams will receive a warning. After a warning, any bat thrown will result in an out.

13. No stepping on or over the plate to hit the ball.

14. NO BUNTING.

15. 6 runs per inning rule. If the offensive team scores 6 runs, their turn at bat is over. They will rotate out to play defense even if 3 outs have not occurred.

16. Home team is the first team listed on the schedule.

17. Home team will occupy the First Base Dugout.

18. Lighting Rule/Weather Issues: When lightning is seen, suspend play for 30 minutes and vacate the outdoor activity to a safer location immediately. 30-minute rule will be enforced! Once play has been suspended, wait 30 minutes after the lightning is witnessed prior to resuming play. Subsequent lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin. Game can only be suspended for 60 minutes total, or it must be cancelled.

19. If game is cancelled due to weather issues, it will not be made up if 3 innings or more have been played.

BASEBALL – MAJOR LEAGUE (5TH & 6TH GRADE)

GENERAL RULES

1. 1-hour 20 minute game clock - No new inning begins after 70 minutes. There is a 6 run per inning limit. If 6 runs are scored before 3 outs have occurred, the turn at bat is over.
2. The pitcher must start with the pivot foot in contact with the pitcher's plate. One foot must be in contact with the plate when delivering the ball.
 - The pitching distance is 46', base distance is 60'
3. The league DOES PLAY THE 3rd STRIKE RULE. If the catcher doesn't catch the ball and it is on the 3rd strike, and there are less than two outs and first base is unoccupied, the batter can run to first base. Runner is at risk of being called out.
4. STEALING BASES is ALLOWED. Players can steal bases after the ball crosses home plate. Base runners must be in contact with the base they occupy until the pitched ball crosses home plate. Runners may then make an attempt to steal the next bases.
5. Base runners need to learn to slide. They should slide at 2nd, 3rd, and home plate if there is a play being made. A play is defined as an attempt to get the base runner out. An attempt is when a fielder has the ball or is in the act of catching the ball. If there is a collision or interference with a play being made, the umpire will call the ball dead and rule the base runner out. All other base runners will return to the base last occupied at the time of the infraction. BE SMART AND SLIDE!!
6. INFIELD FLY RULE is NOT in this league.
7. OVERTHROWN BALL—Players may advance on overthrown balls with the chance of being put out. One base on an overthrow if it goes out of play. This will be governed by the umpire. If the ball remains in the playing field boundaries, it is a live ball, and more bases could be taken.
8. A team plays with 9 players infield on defense. All players will bat. The batting order will remain the same throughout the game.

9. There is open substitution on defense.

10. Batter/base runners must wear a protective helmet. If a helmet falls off, replace it promptly. If a helmet is removed intentionally, the player may be called out.

11. NO THROWING THE BAT!! If a bat is thrown, both teams will receive a warning. After a warning, any bat thrown will result in an out.

12. No stepping on or over the plate to hit the ball. 13. BUNTING is allowed.

14. No automatic walks. You must pitch to the batter.

15. 6 runs per inning rule. If the offensive team scores 6 runs, their turn at bat is over. They will rotate out to play defense even if 3 outs have not occurred.

16. Game clock begins at the scheduled time. Games consist of 6 innings with no new inning after 70 minutes.

17. Home team is the first team listed on the schedule.

18. Home team will be in the First Base Dugout.

19. Lighting Rule/Weather Issues: When lightning is seen, suspend play for 30 minutes and vacate the outdoor activity to a safer location immediately. 30-minute rule will be enforced! Once play has been suspended, wait 30 minutes after the lightning is witnessed prior to resuming play. Subsequent lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin. Game can only be suspended for 60 minutes total, or it must be cancelled.

20. If game is cancelled due to weather issues, it will not be made up if 3 innings or more have been played.