
Roaring Fork Youth Summer 2022

Baseball: 7-8 | 9-10 | 11-12

Girls Softball: 8-10 | 11-12

League Rules Booklet

Aspen Parks and Recreation
Basalt Parks and Recreation
Carbondale Parks and Recreation
Glenwood Springs Parks and Recreation

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Key Dates:

Season Opens:

Week of June 13th, 2022

Leagues Begin:

Week of June 20, 2022

League Tournament:

Monday, July 25th through Thursday, July 28th, 2022

Rainout Day – Friday, July 29th and Saturday, July 30th

 Single Elimination with Consolation 7-8 & 11-12

 Single Elimination 9-10

7-8 Coach Pitch RULES

The National Federation Rule Book will be used with the following amendments or additions

1. SAFETY

A major goal of the program is to create a safe environment for participants. Coaches need to teach all players the proper use of equipment and potential of harm when equipment is misused. Equipment should be placed and/or stored properly before a potentially harmful incident occurs.

2. BASE DISTANCE

The bases will be set at 60 feet.

3. THE BALL

The home team will furnish two new balls per game. Games will be played with Level 3 or Level 1 Soft Baseballs.

4. THE SCOREBOOK

The home team will be responsible for the official scorekeeping.

5. HITTING

Batters are given a total of 6 hittable pitches each time at bat. After the sixth pitch, the batter will be declared out. No walks are allowed. Foul balls are counted toward the 6 total pitches. If the batter hits a foul ball on the 6th pitch, the player is declared out.

6. INNINGS

An offensive inning consists of five (5) runs or three outs, whichever comes first. The inning will be over as soon as five runs are scored and no more than five runs can be scored per inning.

7. GAME TIME

Completed games consists of 5 inning or **1 ¼ hour** time limit. No new inning will begin **after 60 minutes of play**. Coaches and Rec Staff will keep track of official game time. If there is a tie, and time limit has expired, the game will still be over.

7-8 Coach Pitch RULES

8. FORFEITS

There will be no forfeits. Teams will play with the number of players that show up. Sharing players is allowed.

9. PLAYERS ON THE FIELD

Each team will have 10 defensive players in the field. Any additional players will remain on the bench until substituted in. There will be a player at the pitcher's position as well, off to the side of the coach.

PLAYERS MUST ROTATE POSITIONS THROUGHOUT THE GAME

10. STEALING

No leading off or base stealing is allowed.

11. SHOES

No metal or removable cleats are allowed. Molded Rubber ONLY.

12. BATTING LINE-UPS

All players on the roster will bat.

13. OVERTHROWS

Base runners will be allowed to advance one base on overthrows. The ball will be declared dead once it leaves the field of play.

14. SLIDING

Players are always encouraged to slide feet first on close plays. Although there is no mandatory slide rule, malicious play is left to the discretion of the umpire.

15. INFIELD FLY RULE

The infield fly rule is waived for this age division.

7-8 Coach Pitch RULES

16. SUBSTITUTES

Any defensive player may be substituted at any time but will stay in the same batting order for the entire game.

17. HELP BEHIND THE PLATE

Each team must supply a volunteer to stand behind the plate to help fetch balls and speed up the game. Any person under the age of 18 must wear a protective helmet for safety reasons.

18. PITCHERS

The Offensive Coach or designee will pitch for the Offensive At-Bat Player.

The Defensive Coach will shag pitches behind the home plate.

19. MISCELLANEOUS

The Recreation Departments reserve the right to change any and all rules. The league supervisors, umpires, and scorekeepers will enforce all rules, regulations, and policies.

9-10 Kid Pitch RULES

The National Federation Rule Book will be used with the following amendments or additions

1. SAFETY

A major goal of the program is to create a safe environment for participants. Coaches need to teach all players the proper use of equipment and potential of harm when equipment is misused. Equipment should be placed and/or stored properly before a potentially harmful incident occurs.

2. BASE DISTANCE

The bases will be set at 60 feet.

3. PITCHING

The pitching rubber will be placed at 46 feet away from home plate.

4. THE BALL

The home team will furnish two new balls per game.

5. THE SCOREBOOK

The home team will be responsible for the official scorekeeping.

6. INNINGS

An offensive inning consists of five (5) runs or three outs, whichever comes first. The inning will be over as soon as five runs are scored and no more than five runs can be scored per inning. The 15-run rule will be in effect after 3 innings.

7. GAME TIME

Completed games consists of 5 inning or 1 ½ hour time limit. No new inning will begin after 75 minutes of play. Coaches and Rec Staff will keep track of official game time. If there is a tie, and time limit has expired, the game will still be over.

8. FORFEITS

Teams can play a game with as few as seven players. During regular

season games, teams can share players so we can have the game. A replacement player cannot play in the pitcher position on the team he is substituting for. The replacement player must be of the same or lower age group. Coaches must inform the opposing team and the umpires prior to the game that a replacement player is playing on their team. If a team has less than nine players in the line-up, it will not be charged an out for the players missing in the batting order. Replacement players will not be allowed during tournament play.

9. PITCHERS

Must have 2 days rest between pitching assignments. A player may not pitch more than 4 innings per game. Nine total innings are allowed per calendar week, Monday thru Saturday.

A pitching assignment is any appearance on the mound even if an out is not gained. An appearance in an inning shall be constituted as an inning pitched. For tournament play, innings will be based on 1/3 (1/3 equals 1 out pitched).

10. STEALING

No leading off or stealing any bases.

11. SHOES

No metal or removable cleats are allowed.

12. BATTING/ LINE-UPS

All players on the roster will bat.

13. OVERTHROWS

Base runners will be allowed to advance one base on overthrows. The ball will be declared dead once it leaves the field of play.

9-10 Kid Pitch RULES

14. SLIDING

Players are always encouraged to slide feet first on close plays. Although there is no mandatory slide rule, malicious play is left to the discretion of the umpire.

15. INFIELD FLY RULE

The infield fly rule is waived for this age division.

16. SUBSTITUTES

Any defensive player may be substituted at any time, but will stay in the same batting order for the entire game. Once a pitcher has been removed, he may not re-enter as a pitcher.

17. HELP BEHIND THE PLATE

Each team must supply an Assistant Coach to stand behind the plate to help shag and sanitize balls to speed up the game. Any person under the age of 18 must wear a protective helmet for safety reasons.

18. SPECIAL RULES

Bat entire line up with unlimited re-entry rule (put everyone in by the 3rd inning); all players should be involved in 3 outs and up to bat once during game. The inning is over when there are 5 runs or 3 outs. (5 or 3 rule). No lead off; no balk will be called; no stealing, batter is out on dropped third strike; unlimited substitution.

18. MISCELLANEOUS

The Recreation Department reserves the right to change any and all rules. The league supervisors, umpires, and scorekeepers will enforce all rules, regulations, and policies

19. **Bats:** Rule #1-3-5 involving bat weight and length is waived. Any official baseball bat can be used as long as it has not been modified. Player/Team caught with illegal bat, it is an automatic out and bat will be pulled from dugout.

11-12 Kid Pitch RULES

National Federation Rule Book will be used with the following amendments or additions

1. Catcher's helmet and batting helmets are mandatory. Catcher's helmet must have a throat protector.
2. The home team will furnish two new balls per game.
3. Incomplete or rainout games will not likely be rescheduled.
4. In the event an umpire is not provided, coaches umpire for their team's offensive possessions.
5. Completed games consist of **six (6) innings or 1 ¾ hour** of play, whichever comes first. No new inning shall not start **after 90 minutes of play**. Games may end in a tie.
6. **An offensive inning consists of ten (10) runs or three outs, whichever comes first. The inning will be over as soon as ten runs are scored and no more than ten runs can be scored per inning.**
 - The 15-run mercy rule goes into effect after the 4th inning
 - The 10-run mercy rule goes into effect after the 5th inning
7. Pitching limitations:

Must have 2 days rest between pitching assignments. A player may not pitch more than 4 innings per game. Nine total innings are allowed per calendar week, Monday thru Saturday.

A pitching assignment is any appearance on the mound even if an out is not gained. An appearance in an inning shall be constituted as an inning pitched. For tournament play, innings will be based on 1/3 (1/3 equals 1 out pitched).
8. Steel cleats are not allowed. Molded Rubber only.
9. Teams should agree on final score before leaving field.

10. Re-entry rule 11-12 Baseball:

Any of the nine starting players may withdraw and re-enter once, provided they occupy the same position in the batting order upon re-entry. A substitute who is withdrawn may not re-enter. A pitcher may re-enter as a pitcher once if he has not been removed from the game by the umpire, as long as the pitcher remains in the game.

12. Infield fly rule 11-12 Baseball: An infield fly is a fair fly ball which can be caught by an infielder with ordinary effort, when 1st and 2nd or, 1st, 2nd and 3rd bases are occupied, before 2 outs. Infield fly must be called while the ball is in the air. This rule does not apply to a bunt.

13. Contact avoidance (slide rule): On close plays, it is not mandatory the offensive player slide, but he must make an attempt to avoid malicious contact with the defensive player. Final judgment rests with the umpire. Player will be called out and/or ejected according to umpire.

14. No protests will be accepted during the regular season.

15. Bats: Rule #1-3-5 involving bat weight and length is waived. Any official baseball bat can be used as long as it has not been modified.

Player/Team caught with illegal bat, it is an automatic out and bat will be pulled from dugout.

16. Teams' coaches are responsible for themselves and the behavior of their assistant coaches, players and fans. Player/Coach/Fan/Parent Ejection- Leave facility, miss next playable game, away from team.* *minimum punishment, VYL and towns may require further disciplinary action.

17. All players must have played in at least three league games to play in league tournament.

18. Speed of play rule #7-3-1, regarding batter keeping one foot in the batter's box will be enforced at 11 - 12 age level.
19. Teams can play a game with 8 players from the season's original roster, less than 8 players is a forfeit. The 9th player position is an out. The 9th player out can be waived if agreed upon prior to game time.
20. The only time a player can play on two teams is if a team only has 7 original roster players, then the team can pick up two players to make 9 players. A replacement player cannot play in the pitcher position, must be of the same or lower age group, and must be from the same town's baseball program. If a player from the original roster team shows up to play, the replacement player(s) leaves the game and the original roster player enters as a legal substitute and the team continues to take the out for the 9th player. If 2 or more original roster players show up the team can go to their original 9 players. Coaches must inform the opposing team and the umpires prior to the game that a replacement player is playing on their team. This rule applies only for regular season games.
21. During tournament play, teams can play with 7 original roster players. There will not be replacement players allowed during tournaments. 7 players=2 outs, 8 players=1 out.
22. Players may not lead off and can steal once the ball has crossed the front plane of home plate on pitch delivery. If a base runner leaves base before the ball is released, the runner is out.
23. All teams will follow the NFHSA dropped third strike rule. Any movement towards the dugout is an out.
24. Speed up rule. When time or the last inning has expired and the teams are tied, the last batter from previous inning is placed on second base, and an out is issued for the next at bat team. This rule

will be in effect during the regular season, not in effect during tournaments.

25. Coaches and assistant coaches should remain in the field of play and are not allowed outside fence and behind home plate area. Maximum of 3 coaches in dugout area per game.

26. Special Rules for 11-12 old league: Batting line up of 9 with unlimited re-entry rule (put everyone in by the 3rd inning); all players should be involved in 3 outs and up to bat at least once during game – and no players will be stuck to one position at any point. The inning is over when there are 10 runs or 3 outs. (10 or 3 rule). No lead off; no balk will be called. See rule 22 regarding stealing.

27. Field dimensions:

Age / Pitch / Base
11-12 / 50 ft. / 70 ft.

8-12 Girls Softball RULES

****The National Federation Rule Book will be used with the following amendments or additions****

1. SAFETY

A major goal of the program is to create a safe environment for participants. Coaches need to teach all players the proper use of equipment and potential of harm when equipment is misused. Equipment should be placed and/or stored properly before a potentially harmful incident occurs.

2. BASE DISTANCE

The bases will be approximately set at 60 feet.

3. PITCHING

Coaches are asked to rotate pitchers regularly so that everyone who wants to pitch has the opportunity.

Pitching distance for 8-10 is 35ft.

Pitching distance for 11-12 is 40ft.

4. THE BALL

The home team will furnish two new balls per game. All teams must use an 11-inch softball.

5. THE SCOREBOOK

Coaches are responsible for managing their own scorebooks/batting orders.

6. INNINGS

An offensive inning consists of five (5) runs or three outs, whichever comes first. The inning will be over as soon as five runs are scored and no more than five runs can be scored per inning.

7. GAME TIME

Games will be 1 ½ hour in length. No new inning will begin **after 70 minutes of play**. Coaches and Staff will keep track of official game

time. If there is a tie, and time limit has expired, the game will end in a tie.

8. FORFEITS

There will be no forfeits. Teams will play with the number of players that show up. Sharing players is allowed.

9. PITCHERS

The windmill pitch is legal for all age divisions but is not mandatory.

10. STEALING

No leading off or stealing any bases in the 8-10 division.

In the 11-12 division, stealing is permitted but no leads may be taken. The base runner may leave after the ball leaves the pitcher's hand. Rock leading is permitted. If the base runner leaves before the ball leave the pitchers hand the runner is out.

11. SHOES

No metal or removable cleats are allowed. Molded rubber ONLY.

12. BATTING/ LINE-UPS

All players on the roster will bat.

13. OVERTHROWS

Base runners will be allowed to advance one base on overthrows. The ball will be declared dead once it leaves the field of play.

LEAGUE STATURE

SPORTSMANSHIP

- Sportsmanship is respecting all opponents equally, no matter their record, skill, or ability.
- Sportsmanship is committing your best effort to every challenge with the intention of achieving mutual growth and to further development.
- Sportsmanship is respect – it must first be given before it can be earned.

SUCCESS

- Success is the peace of mind which comes from the self-satisfaction in knowing you did give your entire effort in pursuit of your best potential.

ETIQUETTE

Aspen Hospitality

- Our athletic environments should be warm and welcoming to all visitors.

Respecting Officials

- Parents shouldn't interact with officials in any capacity, in any sport. If an interaction does occur, it must be positive.
- How we as adults interact with officials directly influences our student-athletes' perception of referees and what is/what is not acceptable.
- How we react to adversity in competition impacts our athletes' ability to maintain focus and composure. If we want our student athletes to realize competitive greatness, we must lead by example!

COMPETITIVE GREATNESS

Our youth sports are **not** about Wins/Losses. Our youth sports are about growth and development, and at Aspen Recreation we emphasize the traits and values well-taught athletics can instill in young student-athletes.

If our youth can learn at an early age to respect and enjoy the process of growth, rather than focusing only on their W/L 'value', we will create a community of healthy competitors who can recognize and appreciate the lessons our sports can teach, prioritizing enjoyment and progress over trophies and records.

YOUTH ATHLETICS; CODE OF CONDUCT

To ensure the integrity of our leagues and safety of officials and participants the Youth Athletics Player Code of Conduct has been developed. Any questions of these guidelines can be brought to the attention of any Youth League City Representative or to any League-Representing City Official on-site.

1. Keep in mind that our leagues are focused on fun, safe, and fair play for all participants.
2. Respect across all four ROLES is expected, and direct dialogue should only occur between the Players, Coaches, and Referees during games.

DIALOGUE: Player-Coach-Referee | Spectator-Spectator

RESPECT*: Player-Coach-Referee-Spectators

* Between and across all ROLES involved

3. Remember that even professional officials cannot always make the right calls, nor can they always see an infraction/violation that takes place. Please understand that not in this league, not every official is professionally certified and will sometimes be in training. Anything that distracts the attention of the game from the kids should be deemed inappropriate – and we should be teaching the kids to brush-off bad calls and focus on the next play, rather than dwelling on something that’s ultimately out of their control.
4. **Remember that calls do not get overturned in youth athletics!** We do not have a replay center, and officials are supported in sticking to their calls regardless of the reactions of the spectators. Only another referee can overturn a referee’s call. Let them do their job.
5. Teams are expected to inform their City’s League Representative with any discrepancies regarding a questionable call made by an official. The league commissioner can then approach the official for an explanation of his/her call. If further explanation or evaluation is needed, then the Athletic Coordinator should be notified.
6. Any excessive physical contact (Unsportsmanlike Conduct) towards other participants or league officials may result in immediate police involvement. “Excessive Physical contact” includes but is not limited to an attempt to push, head butt, kick, punch, spit, bite, etc. League commissioner and/or Adult Sports Coordinator will determine game suspensions, removal from league play, and/or ejection for one year of Adult Sports play.

THE ESSENTIAL CHARACTERISTICS OF A GOOD ROLE MODEL

Respect

'Treat others how you want to be treated'.

Teach your players how to treat others with the utmost respect. Never belittle another person just to make yourself feel more superior.

Don't allow your players to trash talk an opposing team or badmouth the officials, teach them by your actions to treat everyone with respect.

Commitment

Your players have made a commitment to be a part of the team and they need to be held accountable when they do not follow the rules. Let your players know that you expect them to show up on time for practice and to work hard during practice and during the games.

To hold your players accountable to their commitment on the team, you must be willing to bench your best players to make a point if need be. You can't allow your better players to get away with breaking the rules just because they're one of your star players. All players need to be held equally accountable.

This is by no means a definitive list of what makes a good role model. There are many more than two characteristics, but I believe these two to be the most important of all. The biggest thing to take away from this is that as a coach, you're a role model.

Whether you like it or not your players will look up to you and learn from you. You need to show your players that you possess these qualities, and that you expect the same from them.