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# Roaring Fork Youth Baseball / Softball Summer 2024

**Baseball:** 7-8 | 9-10 | 11-13

**Girls Softball:** 8-10 | 11-13

## League Rules

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 3, 2024

#### League Games Begin:

Week of June 17, 2024

#### Baseball League Tournament:

Monday, July 29 through Thursday, August 1, 2024  
Rainout Day – Friday, August 2 and Saturday, August 3  
Single Elimination 9-10 & 11-13

# 7-8 Machine 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 ½ 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.
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.
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 80 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.
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 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.

# 11-13 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 ½ hour of play, whichever comes first. No new inning shall not start after 80 minutes of play. Games may end in a tie.
  - The 15-run mercy rule goes into effect after the 4th inning
  - The 10-run mercy rule goes into effect after the 5th inning

## 6. Field dimensions:

Age / Pitch / Base
11-13 / 50 ft. / 70 ft.

## 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 11-13 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 11-13 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 - 13 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 11-13 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.

# 8-10 SOFTBALL LEAGUE RULES

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

## Field Information

Pitcher's	Mound Distances	Base Distances
8-10	30 feet	50 feet

## Game Information

- The home team will furnish two new balls per game. The ball that is to be used is an optic full flight 11-inch ball with a core of .5 or under.
- Umpires report the official start time to scorekeepers to be recorded in scorebook. No full inning will start after time limit unless there is a tie. If there is a tie and time limit has expired, *speed up rule* goes into effect.
- Umpires should be instructed to call for “time” whenever the ball is in possession of an infielder and no action is occurring (even if “time” is not requested). This really helps to keep the younger players from continually throwing the ball around.
- A new inning must be started if there is time remaining.
- Completed games consist of 5 innings or a 1½ hour time limit. The time limit will apply in all regular season games and tournament games. **The only game where the time limit does not apply is the championship game.**
- Incomplete or rain games are called as follows: 3½ innings or one full hour is considered a complete game. **Incomplete games will be not be rescheduled at this time.**
- The 6 or 3 rule (*6 runs or 3 outs*) applies at all regular season games. This rule applies to all regular season games and tournament games. **There will not be a run rule in the championship game.**
- The *10 run mercy rule* goes into effect after the 4<sup>th</sup> inning.
- Teams should agree on the final score before leaving the field. Do your best to not let games end in a tie.
- No protests will be accepted during the regular season.
- Teams’ coaches are responsible their own behavior and the behavior of their assistant coaches, players, and fans. Anyone ejected from the game for poor behavior will be required to leave the facility and miss the next playable game (minimum consequence).



## Pitching Information

- The windmill pitch is legal for all age divisions but it is not mandatory
- **Pitching from the Coach:** No batter will earn a walk when ball four is pitched. Instead, the batter's coach come onto the field and pitches to his/her own player until the ball is put into play or the batter strikes out.

## Play Information

- Special Rules for the 8-10 year old league are as follows: **(1)** bat entire line up with *unlimited re-entry rule* (put everyone in by the 3<sup>rd</sup> inning), **(2)** all players should be involved in 3 outs and up to bat once during the game, **(3)** the inning is over when there are 6 runs or 3 outs (*6 or 3 rule*), **(4)** no lead offs and no stealing, **(5)** no balks will be called **(6)** unlimited substitution is allowed.
- The infield fly rule will not be used for this age
- Re-entry rule: A pitcher may re-enter as a pitcher once if she has NOT been removed from the game by the umpire. As long as the pitcher remains in the field, they can return to pitch. If a pitcher goes to the bench, they are not allowed to come back as a pitcher.
- No designated hitter.
- Contact avoidance (*slide rule*): on close plays, it is NOT mandatory that the offensive player slide, but **she 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.
- **It is highly recommended that no player slide head first on any base.**
- **Bats:** 8-10 year old Rule #1-3-5 involving bat weight and length is waived. It is highly recommended that players use approved bats. Umpires will check the bats of both teams before each game to make sure they are approved for play.
- All players must have played in at least three league games in order to play in the league tournament.
- Speed of play rule #7-3-1, regarding batter keeping one foot in the batter's box will be emphasized.
- The only time a player can play on two teams is if another team only has only 7 original roster players. Then the team with only 7 players can pick up two players to make 9 players. The team consisting of pick-up players must take an out each inning until 9 original roster players are playing. 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 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 then 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.

- During tournament play, teams can play with 7 original roster players. Replacement players are NOT allowed during tournaments.
- *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.
- Coaches and assistant coaches should remain in the field of play. They are not allowed outside the fence or behind the home plate area. Maximum of 3 coaches in dugout area per game.
- **tter-Runner** - A batter-runner is a player who has finished her turn at bat but has not yet been putout or touched first base.

## Player Information

- Catcher's helmet and batting helmets are mandatory. The batter's helmet must have a facemask to protect the players' facial area. The catchers' helmet must have a throat protector.
- Steel cleats are not allowed for 12 and under.
- All players must have played in at least three league games in order to play in league tournament.

# 11-13 Youth Softball League Rules

- National Federation Rule Book will be used with the following amendments or additions:
  - 11-13 year old players are allowed play for another softball league during the season.
  - Don't argue with umpires about their calls including: fair and foul balls, strikes, safe, and out.

## Field Information

Field Dimensions: Age	Pitching	Bases
11-13 yrs.	37 ft.	50 ft.

## Game Information

The home team will furnish two new balls per game. **All teams must use a 12 inch softball.**

- Umpires report the official start time to scorekeepers to be recorded in scorebook. No full inning will start after time limit unless there is a tie. If there is a tie and time limit has expired, *speed up rule* goes into effect.
- A new inning must be started if there is time remaining.
- Completed games consist of 6 innings or a 1 ¾ hour time limit. The time limit will apply in all regular season games and tournament games. **The only game where the time limit does not apply is the championship game.**
- Incomplete or rain games are called as follows: 3½ innings or one full hour is considered a complete game. **Incomplete games will be not be rescheduled at this time.**
- The 10 or 3 rule (*10 runs or 3 outs*) applies at all regular season games. This rule applies to all regular season games and tournament games. **There will not be a run rule in the championship game.**
- The *15 run mercy rule* goes into effect after the 4<sup>th</sup> inning. The *10 run mercy rule* goes into effect after the 5<sup>th</sup> inning.
- Teams should agree on the final score before leaving the field. **Do your best to not let games end in a tie.**
- No protests will be accepted during the regular season.
- Teams' coaches are responsible for their own behavior and the behavior of their assistant coaches, players, and fans. Anyone ejected from the game for poor behavior will be required to leave the facility and miss the next playable game (minimum consequence).

# Play Information

- Special Rules for 11-13 year old league: Bat entire lineup 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 10 runs or 3 outs. (10 or 3 rule). No lead off; no balk will be called.
- Stealing is permitted but no leads may be taken. The base runner may leave after the ball leaves the pitchers hand. Rock leading is permitted. If the base runner leaves before the ball leave the pitchers hand the runner is out.
- Infield fly rule 11-13 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.
- The windmill pitch is legal for all age divisions but it is not mandatory.
- All teams in this league will follow the NFHSA dropped third strike rule. Any movement towards the dugout is an out.
- Re-entry rule: 11-13 Softball: 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 field they can return to pitch. If pitcher goes to bench they are not allowed to come back as a pitcher.
- No designated hitter.
- Contact avoidance (*slide rule*): on close plays, it is NOT mandatory that the offensive player slide, but **she 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.
- **It is highly recommended that no player slide head first on any base.**
- **Bats:** 11-13 year old Rule #1-3-5 involving bat weight and length is waived. It is highly recommended that players use approved bats. Umpires will check the bats of both teams before each game to make sure they are approved for play.
- Speed of play rule #7-3-1, regarding batter keeping one foot in the batter's box will be enforced at this age.
- The only time a player can play on two teams is if another team only has only 7 original roster players. Then the team with only 7 players can pick up two players to make 9 players. The team

consisting of pick-up players must take an out each inning until 9 original roster players are playing. 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 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 then 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.

- During tournament play, teams can play with 7 original roster players. Replacement players are NOT allowed during tournaments.
- *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.
- Dead Ball Overthrow – When the ball is thrown beyond the boundary lines or is blocked, all runners will be awarded two bases. The award will be governed by the positions of the runners when the ball left the fielders hand.
- **Batter-Runner:** A batter-runner is a player who has finished her turn but has not yet been putout or touches first base
- Coaches and assistant coaches should remain in the field of play. They are not allowed outside the fence or behind the home plate area. Maximum of 3 coaches in dugout area per game.

## Player Information

- Catcher's helmet and batting helmets are mandatory. Catcher's helmet must have a throat protector.
- Steel cleats are not allowed for 11-13 softball.
- All players must have played in at least three league games in order to play in league tournament.

# 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

- 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 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.