

## **APPENDIX I – Rules & Dimension Summary**

### **RULES, FIELD DIMENSIONS AND EQUIPMENT SUMMARY FOR COACHES**

Category	9U	11U	13U	15U	18U
Age (calendar year)	8-9	10-11	12-13	14-15	16-18
Base Distance	60 ft.	70 ft.	70 ft.	80 ft.	90 ft.
Home to 2 <sup>nd</sup> distance	84 ft. 10¼ in.	99 ft.	99 ft.	113. ft 1½ in.	127 ft. 3 3/8 in.
Pitching Distance	40-42 ft. (machine)	44 ft.	48 ft.	54 ft.	60 ft. 6 in.
Number of pitches per game or day	N/A	Follow Pitch Count Regulations in Appendix			
Rest Rule	N/A	Follow Pitch Count Regulations in Appendix			
Recommended Ball (Rawlings)	ROTB1	65CC	80CC	80CC	ROML
Bat Type	Metal or Wood	Metal or Wood	Metal or Wood	Metal BBCOR Or Wood	Metal BBCOR Or Wood
Max. Bat Length	32 in.	32 in.	33 in.	42 in.	42 in.
Max Bat Diameter	2¾ in.	2¾ in.	2¾ in.	2¾ in.	N/A
Bat Weight to Length Ratio	N/A	N/A	-10	-3 AAA (-5 AA & A)	N/A
Game Length (innings)	6	6	7	7	7
Cleats	Rubber	Rubber	Rubber	Metal	Metal
Designated Hitter	No	No	No	No	Yes
10 Run Mercy Rule	N/A	After 4 innings or 3½ if home team ahead	After 5 innings or 4½ if home team ahead	After 5 innings or 4½ if home team ahead	After 5 innings or 4½ if home team ahead
Chin Straps Mandatory	No	No	No	No	No

**Note 1:** Female players may swing -5 Metal Bats at 15U and 18U.

**Note 2:** There are no weight requirements for Wood Bats.

**Note 3:** Stricter standards may be implanted by your local league or association. Check with your representatives for any discrepancies.

**Note 4:** Winnipeg "A" Leagues at 11U, 13U, 15U and 18U have some different rules than what is listed above. Check with your local association for clarification.

## **APPENDIX I – Rules & Dimension Summary**

### **2024 BAT REGULATIONS**



Where non-wood bats are permitted, only approved “BBCOR” stamped aluminum bats in the 15U AAA and 18U categories will be permitted for use.

<b>AGE/LEVEL</b>	<b>MAX DIFFERENTIAL</b>	<b>MAX DIAMETER</b>	<b>MAX LENGTH</b>
11U	None	2 3/4	32"
13U & 14U Girls	-10	2 3/4	34"
15U & 16U Girls	-5	2 3/4	34"
15U AAA	-3	2 5/8	34"
18U	-3	2 5/8	35"
21U and SR Women	-5	2 3/4	35"

*Note: 15U A, AA, Tier 1, 2 and 3 players may use -5 (or -3) metal bats.*

*Note: Junior and Senior Players must use wood or wood composite bats.*

*Note: Wood or wood composite bats are allowed at all levels and there are no weight requirements for wood bats.*

- Maximum differential refers to the difference between the length of the bat (inches) and the weight of the bat (ounces). So, a bat that is 30 inches long and 20 ounces is a -10 bat.
- For the 13U National Championships using up to a minus 10 length/weight differential is permitted. For 16U Girls, 21U Women and Senior Women National Championships a max barrel of 2 3/4" with a 1.15 BPF (Bat Performance Factor) or USA Baseball Model and up to a minus 5 length/weight differential is permitted.
- USSSA 1.15 and USABB bats will be both approved for play under Baseball Canada rules for the 13U and under categories. This allows for all previous & current 2 1/4", 2 5/8" and 2 3/4" USSSA 1.15 certified bats to be used.
- All Post Provincial Championships (Western Canada Championships and Baseball Canada National Championships) for categories 15U 'AAA' and above are wood or wood composite bat only Championships.
- The 17U Canada Cup Championship is a wood, or wood composite bat only championship.



## ***APPENDIX II – League Fees and Registrations***

### **LEAGUE FEES AND PROVINCIAL REGISTRATION COSTS**

#### **2024 Affiliation Fees**

<b><u>Age Group</u></b>	<b><u>Individual Fee (Per Player)</u></b>
Challenger	\$12.00
Rally Cap (7U)	\$17.00
Grand Slam (9U)	\$27.00
11U	\$39.00
13U	\$39.00
15U	\$39.00
18U	\$39.00
22U	\$44.00
Senior	\$54.00

#### **2024 Provincial Fees:**

Each league shall be charged the following fees based on the number of teams entering Provincial competition in each classification.

**Provincial AAA** All Classifications - \$800.00

**Provincial AA** All Classifications - \$400.00 (Final Reps. only)

**Provincial A** All Classifications - \$400.00 (Final Reps. only)  
**Tier 1, 2 and 3**

## APPENDIX III – Coaching Certification

### NATIONAL COACHES CERTIFICATION PROGRAM (N.C.C.P.)

The National Coaching Certification Program (NCCP) is a nation-wide training program designed to develop coaching excellence. The levels of the NCCP have been carefully designed by Baseball Canada to meet the needs of a wide range of coaches, from novice to elite.

#### How do I start my training as a baseball coach?

All coach training by Baseball Canada is now started through an on-line module at <http://nccp.baseball.ca>. Just type this URL into your computer address line. This site was developed by Baseball Canada as part of the *Initiation Coach* program. It is an inter-active self-directed training tool that you complete at your own pace and convenience. It costs \$37.45 (including taxes) and gives you access to on-line video drills, materials, practice plans and skill development tools in an easy to follow format. You continue to have access to the site after completing the on-line portion of the entry course. The focus of this module is on the 'What to Coach?' side of coaching. Once you complete the course you will be given a choice of workshops where the focus will be on the "How to Coach?" side.

Baseball Manitoba is proud to be a part of the Responsible Coaching Movement, please refer to our policies web page for our Screening Policy.

<b>2024 Baseball Manitoba NCCP Coach Certification Requirements (A/AA)</b>				
The following is required for Regular Season Games, Playoffs, and Provincials (A, AA, Tiers 1-3)				
	<b>9U</b>	<b>11U / 13U</b>	<b>15U / 18U</b>	<b>SENIOR</b>
<b>Coach Initiation in Sport</b> Cost: \$37.45 (Online)	<b>Head Coach</b>	<b>ALL Coaches</b>	<b>ALL Coaches</b>	<b>ALL Coaches</b>
<b>Coach Initiation in Baseball - Fundamentals</b> Cost: Free (Online)	<b>Head Coach</b>	<b>ALL Coaches</b>	<b>ALL Coaches</b>	<b>ALL Coaches</b>
<b>Initiation Coach Clinic</b> Cost: Free	<b>Head Coach</b> (Recommended)	<b>Head Coach</b>	<b>Head Coach</b>	---
<b>My First Pitch</b> Cost: \$14.95 (Online)	---	<b>Head Coach</b>	---	---
<b>Video Package - 11U, 13U, 15U, or 16+</b> Cost: Free (Online)	---	<b>ALL Coaches</b> (Recommended)	<b>ALL Coaches</b> (Recommended)	---

**In addition to NCCP Coach Certification, all coaches must adhere to Baseball Manitoba's Screening Policy. Please refer to the Screening Requirements chart for more information.**

**Looking for Rally Cap (7U) coaching information? Visit [www.baseballmanitoba.ca/content/rally-cap](http://www.baseballmanitoba.ca/content/rally-cap) for more details.**

## **APPENDIX III – Coaching Certification (cont.)**

<b>2024 Baseball Manitoba NCCP Coach Certification Requirements (AAA)</b> The following is required for Regular Season Games, Playoffs, Provincials (AAA), Westerns, and Nationals:			
	<b>13U</b>	<b>15U/18U/22U</b>	<b>SENIOR</b>
<b>Coach Initiation in Sport</b> Cost: \$37.45 (Online)	ALL Coaches	ALL Coaches	ALL Coaches
<b>Coach Initiation in Baseball - Fundamentals</b> Cost: Free (Online)	ALL Coaches	ALL Coaches	ALL Coaches
<b>Absolutes Clinic</b> Cost: \$50	ALL Coaches	ALL Coaches	—
<b>Teaching &amp; Learning Clinic</b> Cost: \$50	ALL Coaches	ALL Coaches	—
<b>Planning Clinic</b> Cost: \$50	ALL Coaches	ALL Coaches	—
<b>Pitching and Catching Clinic</b> Cost: \$50	ALL Coaches	ALL Coaches	—
<b>Strategies Clinic</b> Cost: \$50	—	ALL Coaches	—
<b>Skills Clinic</b> Cost: \$50	—	ALL Coaches	—
<b>Video Package - 13U, 15U, or 16+</b> Cost: Free (Online)	ALL Coaches	ALL Coaches	—
<b>Core Portfolio Evaluation</b> Cost: \$109 (Online)	Head Coach	Head Coach	—
<b>Portfolio Tasks - 13U, 15U, or 16+</b> Cost: Free (Online)	Head Coach	Head Coach	—
<b>Practice Evaluation</b> Cost: Free	Head Coach	Head Coach	—
<b>Game Evaluation</b> Cost: Free	—	Head Coach	—
<b>Make Ethical Decisions Evaluation</b> Cost: Free (Online)	Head Coach	Head Coach	—
<b>Safe Sport Training</b> Cost: Free (Online)	Head Coach	Head Coach	—

**In addition to NCCP Coach Certification, all coaches must adhere to Baseball Manitoba's Screening Policy. Please refer to the Screening Requirements chart for more information.**

## APPENDIX III – Coaching Certification (cont.)

	2024 BASEBALL MANITOBA COACH SCREENING REQUIREMENTS		
	THE FOLLOWING IS REQUIRED FOR ALL COACHES:		
	COMMUNITY COACH BALLY CAP (7U), GRAND SLAM (9U), 11U-18U A, AA, TIERS 1-3	CAMP/CLINIC INSTRUCTOR	AAA & PROVINCIAL TEAM COACH
SCREENING DISCLOSURE FORM (SDC) COST: FREE (ONLINE IN RAMP)	X	X	X
RESPECT IN SPORT (RIS) COST: FREE (ONLINE)	X	X	X
RULE OF 2: ONLINE MODULE COST: FREE (ONLINE)	X	X	X
CRIMINAL RECORD CHECK (CRC) COST: \$25 ONLINE OR FREE AT RCMP		X	X
CHILD ABUSE REGISTRY CHECK (CARC) COST: FREE (PAPER SUBMISSION)			X

DESCRIPTIONS:	
SCREENING DISCLOSURE FORM (SDC)	This needs to be completed and acknowledged annually when you register as a coach on RAMP.
RESPECT IN SPORT (RIS)	This is an online course, offered by Respect Group, that needs to be completed every five years and can be found at: <a href="https://baseballmanitoba.ca/content/Respect-in-Sport">baseballmanitoba.ca/content/Respect-in-Sport</a>
RULE OF 2: ONLINE MODULE	This is an online module, offered by the Coach Association of Canada, which needs to be completed once. This can be found at: <a href="https://coach.ca/responsible-coaching-movement/rule-of-two">coach.ca/responsible-coaching-movement/rule-of-two</a>
CRIMINAL RECORD CHECK (CRC)	This is to be completed every five years and must be done by the Police or through an online platform, such as Sterling Backcheck. Instructions for this can be found when you register as a coach in RAMP.
CHILD ABUSE REGISTRY CHECK (CARC)	This is to be done every five years through an online form submission with the Province of Manitoba's Child Abuse Registry Department. Instructions for this can be found when you register as a coach in RAMP.

### **Baseball Manitoba A, AA, and Tiers 1-3 Provincial Championships**

#### **Process:**

- a) Baseball Manitoba will review all teams attending Provincial Championships 10 days in advance of the event. The 10-day requirement is only possible for leagues that inform Baseball Manitoba of their league reps at a minimum of 2 weeks prior to the event. The earlier Baseball Manitoba gets provincial reps the better the chance is for leagues/coaches to be informed in a good amount of time.
- b) League Presidents will be informed which coaches have not completed the necessary certification and which certification is needed. The league can deal with this in any of the following ways:
  1. Remove the coach from the roster entirely.
  2. Remove the coach from the roster and replace them with another coach (who meets the requirements) and has been rostered on another team for the 2024 season.
  3. Inform the coach what certification is missing and that they are eligible to be on the roster if it is completed by the Tuesday prior to Provincials. This is possible for requirements that can be completed online, such as My First Pitch, Coach Initiation Online, etc., but is not possible for clinics that are only offered in-person, ie. the Initiation Coach Clinic.
  4. Pay a \$50 levy and the lack of certification will be forgiven for this season and the coach is allowed to be rostered. This is only allowed once per coach and if the coach is delinquent in the future the levy will not be an option and the coach will automatically be removed from the roster.
- c) Baseball Manitoba will assume that the coach will be removed from the roster unless the league informs Baseball Manitoba of their preferred route. If they choose #3 it is expected that they will inform Baseball Manitoba when the coach has completed the required training.
- d) If #4 is chosen for one or more coaches the league will be invoiced by Baseball Manitoba for the entire amount and they can choose how to be reimbursed by the local association.

## **APPENDIX III – Coach Certification Process**

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### **Baseball Manitoba AAA provincials**

The same process as above will be followed except:

- The AAA certification is more intense, therefore requires more in-person clinics. The fee would be \$50 per clinic that is missing should the league/coach choose this option.
- Baseball Manitoba has no jurisdiction on WCBA or National events therefore the fee option would only be available for Baseball Manitoba Provincial Championships and the coach would be removed from the roster for any WCBA or National event.

**The optional levy to allow for participation in provincials can only be used when Baseball Canada Clinic certification is what the coach is lacking. Baseball Manitoba Screening devices ie. RIS, CRC, etc. necessary to be coaching at that level are a mandatory requirement.**

### **Deadline**

All coaches (A, AA, and AAA) must have the appropriate certification done by June 15<sup>th</sup>.

### **FAQ**

#### **Why does Baseball Manitoba have coach certification standards for AAA baseball?**

*The coaches for Baseball Manitoba teams that attend National (Baseball Canada) or Western Canada Baseball Championships must have the certification required by that organization. Our provincial requirements typically align with those.*

#### **Why does Baseball Manitoba have coach certification standards for non-AAA baseball?**

*Baseball Manitoba wants registered players and coaches to have experiences that are both fun and developmental. The coach certification we require helps prepare coaches to follow through on that goal whether they are new to the sport, new to coaching, or experienced on both. We also believe the time commitment required to do this training is within reason for a non-AAA coach. The standards for AAA are much more time consuming, but we do encourage all coaches to take training above and beyond what is required.*

## **APPENDIX III – Coach Certification Process**

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### **Why does Baseball Manitoba only check the certification levels of coaches attending Provincial Championships?**

*The process of checking the certification of each coach is very time consuming and Baseball Manitoba does not have the staff or budget to check all the coaches in our province. This may change in the future but is the case as of now. We feel that with the number of provincials that are offered at the different levels that this method of checking allows us to monitor a large portion of the coach community and hope that local leagues and local associations do their part to ensure coaches get the proper certification.*

### **Why does Baseball Manitoba fine coaches that do not have the proper certification?**

*The consequence to a coach that does not have the proper level of certification is removal from the roster which means they cannot coach in the provincials. We do allow the coach a one-time option to pay a levy which will allow them to coach in that provincial (based on the approval of their league). This levy is consistent with what the coach would have paid to attend that clinic. There is no fine applied if the coach chooses to not coach in the provincials.*

### **Why can a coach get away with not taking their proper certification by paying their way out of it?**

*There are many reasons why a coach did not take the proper certification that season and often these reasons are legitimate and could not be avoided. This levy provides some discretion and allows the person to coach the team. It is only allowed for one season and very seldom does a person find themselves in the role of coach for only one season, so they will very likely get the training in the following season.*

### **Why is there a screening process for Baseball Manitoba coaches?**

*We realize that online courses like Respect in Sport and Rule of Two may be time consuming for the coaches, but the idea behind the screening processes is to do our best to ensure there is a safe environment for the players and the coaches. These courses have shown as some of the best options to provide the education needed for that to occur.*

## **APPENDIX III – Coach Apprentice Program**

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The Apprentice Coach Mentoring Program has been developed to help recruit and train more young coaches. Apprentice appointments can be made at any competitive level (A, AA, & AAA) and age division (11U to 18U). The program allows for coach mentorship to replace the required clinics as a form of training for the season. The program has the following features:

### **Apprentice Coaches must:**

- Be accepted as an Apprentice by a Head Coach who is fully certified for age and competition level of the team under consideration.
- Be approved as an Apprentice Coach by the local baseball association in charge of the team.
- Complete the **Respect-in-Sport** online course not later than two weeks into the season.
- Not be a parent of any player on the team.
- Be subject to any current club or association requirements for child-abuse and criminal registry checks, just like any other rostered coach.
- Be older than the players in the age group they are coaching (ideally multiple years older).

### **Mentor Coaches must:**

- Be approved as a Mentor Coach by the local baseball association in charge of the team.
- Accept the Apprentice Coach and ensure the support of the local baseball association for the appointment.
- Commit to helping develop the Apprentice's coaching skills throughout the season.

### **Clubs Administering the Program will:**

- Ensure that there is a maximum of 2 apprentice coaches per team and a maximum of one apprentice coach per mentor.
- Be responsible for reviewing and approving the participation of any individual Apprentice and their Mentor.
- Be responsible for ensuring completion of RIS by the Apprentice and responding to any substantive issues that may arise during the season.
- Ensure that roster forms submitted through RAMP to Baseball Manitoba include any Apprentice Coaches labelled as such.
- Understand that Baseball Manitoba does not oversee competitions beyond Provincial Championships, therefore the Apprentice Coach would not be authorized to participate in Western Canadian or National Championships should the team advance.

### **Future Coaching for Apprentice:**

- Apprentice Coaches at the A & AA levels are only able to remain in the program for one season. The coach would be required to complete the regular NCCP training requirements for future coaching.
- Apprentice Coaches at the AAA level can remain in the program for a second year should they choose. The requirements of remaining in the program include the apprentice to become **NCCP Initiation Trained** or complete the **AAA Core Clinics**: Absolutes, Planning, and Teaching & Learning.

If you have any questions on the Apprentice Coach Mentoring Program, please contact **James** at [baseball.zamko@sportmanitoba.ca](mailto:baseball.zamko@sportmanitoba.ca).

SEE HOW FAR YOU  
CAN GO AFTER  
**YOUR FIRST**

**PITCH**



**Baseball Canada's Official Introduction to pitching program**

<https://www.baseballmanitoba.ca/content/My-First-Pitch>

## **APPENDIX IV – Umpire Certification**

### **NATIONAL OFFICIAL’S CERTIFICATION PROGRAM**

Developing better officials is one of the goals of the National Officials Certification Program (NOCP), a nation-wide standardized program. Five levels of competency provide officials with the necessary instruction to officiate from club sports all the way up to international competition. The program is sport specific, and baseball's five levels are divided in the following manner:

<b>Level &amp; Cost</b>	<b>Experience</b>	<b>Requirements</b>	<b>Examination</b>	<b>Application</b>	<b>Evaluation</b>	<b>Maintaining Status</b>
1 \$70	None Minimum Age 12	Complete and online component and Attend a Level 1 Clinic		All Levels of House League up to and including 13U	None	Attend Clinic Yearly
2 \$80	Have a Level 1 for a min. of 2 years	Complete an online component and Attend a Level 2 Clinic	Obtain 60% or more (Yearly)	Provincial Level Baseball up to and including 18U	None	Attend Clinic Yearly
3 \$110	Have a Level 2 for a min. of 3 years Must be 18 yrs of age	Complete the Super Clinic on line component	Obtain 76% or more (Yearly)	All Levels of Provincial Baseball	1 base and 1 plate evaluation recommended	Submit an exam and registration fee yearly. Attend a Clinic every three years
4 \$300	Have a Level 3 for a min. of 1 year	Complete the Super Clinic on line component	Obtain 86% or more	All Levels of Baseball in Canada	Successfully complete 1 base and 1 plate evaluation	Attend Clinic Yearly and complete base and plate evaluation yearly
5 \$300	Have a Level 4 for a min. of 1 year	Complete the Super Clinic on line component	Obtain 86% or more	All Levels of International Baseball	Successfully complete 1 base and 1 plate evaluation	Attend Clinic Yearly and complete base and plate evaluation yearly

**All certification clinics are one day, six hours in duration.**

## APPENDIX V – Pitching Chart

## SAMPLE PITCHING CHART

## BASEBALL PITCHING RECORDS

EVENT:

LOCATION: \_\_\_\_\_

DATE: \_\_\_\_\_

[illegible]

## Baseball Manitoba Pitch Count App!

Baseball Manitoba has partnered with New Start Mobile and Baseball Ontario to take pitch counting and tracking online. The App is FREE and ready for download. You can find the App by searching "Baseball Manitoba Pitch Count App" in the App Store for iPhone users and the Google Play Store for Android users.

Get it today and start tracking pitches.

## Pitch Count Regulations

- Any player on the team is eligible to pitch and there are **NO** restrictions to the number of pitchers a coach may use in a game. This includes 9-year-old players in the 11U age category.
- An appearance shall be defined as 1 pitch thrown or more.
- Pitchers are permitted to have a maximum of 2 appearances in the same calendar day. If a pitcher requires a rest following the 1<sup>st</sup> appearance, they cannot return to pitch in the same day. (Example: a 13U pitcher throws 29 pitches in their 1<sup>st</sup> appearance. That pitcher has not reached a rest threshold and may pitch in another game that calendar day. Another 13U pitcher throws 40 pitches in their 1<sup>st</sup> appearance. That pitcher has exceeded the no-rest threshold of 30 pitches and cannot pitch for the remainder of the day). The official scorekeeper will calculate the total pitches thrown for that calendar day and determine the required rest starting the next calendar day. These two appearances would only occur if 2 or more games are being played on the same day.
- Every pitch thrown in the game is counted (including foul tips, and all foul balls). Warm-up pitches between innings, or when a new pitcher enters the game, are not part of the count.
- A pitcher cannot pitch 3 consecutive days unless a pitcher's first two (2) days combined does not exceed:  
 11U: 25    13U: 30    15U: 35    18U: 40    22U: 45  
 If a pitcher's Day 1 + Day 2 total exceeds the figure shown above (and Rule 8 was not applied), they require at least one day's rest. A pitcher cannot pitch four consecutive days. Minimally one days rest is required. (Example: A 13U Pitcher throws 15 pitches on Day 1 (Friday). That same pitcher throws 10 pitches on Day 2 (Saturday). The two-day total is 25 pitches, which is less than the limit of 30. This pitcher can pitch on Day 3 (Sunday) to their maximum limit, which for 13U is 85.
- The official scorekeeper will calculate the total pitches thrown for that calendar day and determine the required rest (if any) starting the next calendar day. Athletes must **not** exceed the maximum pitch count total for that day. If there is no official Pitch Count scorekeeper, the home team Pitch Count scorekeeper will become the official Pitch Count scorekeeper.
- Once a player assumes the role of pitcher, they cannot catch for the remainder of the day. This rule allows a player to catch, and then pitch in the same game or the same day. However, a player cannot pitch and then catch in the same game or day.
- When a pitcher reaches the maximum number of pitches allowed for a threshold, he can complete the at-bat without the penalty on days of rest, if he does not pitch to another batter. In this situation, the number of pitches corresponding to the threshold reached will be indicated on the pitching log. The coach or manager needs to acknowledge this to the umpire at this moment prior to the next pitch. The Umpire would then notify the scorekeeper.  
*EXAMPLE: 13U Pitcher uses 10 pitches on Friday. On Saturday, the coach declares on his/her 19<sup>th</sup> pitch of the day that the pitcher will finish the batter (Using Rule 8). The pitcher finished the batter, using 4 pitches – making a 2-day total of 33. He/she will then be eligible to pitch on Sunday, being marked for 30 pitches.*
- Pitchers will be permitted to finish the batter if their maximum pitch limit has been reached for that calendar day. (e.g. 75 for a 11U pitcher, 85 for a 13U pitcher)
- Intentional walks will be included in Pitch Count totals. Only pitches actually thrown will be included in Pitch Count totals. Automatic balls during an intentional walk do not count towards Pitch Count totals.  
 Example: if during a count of 2 balls - 0 strikes, a team signals to the umpire that a batter will receive an intentional walk, only 2 pitches will be counted for pitch count.
- Required Rest shall be defined in "Days" starting at 12:01 a.m. and ending at 11:59 p.m. of the next calendar day.
- A pitcher who is removed from the mound during the game shall not be permitted to return to pitch in the same game, even if the pitcher is retained in the game in another position.
- Baseball Canada's Pitch Rules that do NOT apply in Manitoba (from the Baseball Canada Rule Book – Canadian Content: Rule 6.02(3): 2-day and Rule 6.02(4) [second half]: 4 day.

11U + 9 year olds	13U	15U	18U	22U	Rest required
1-25	1-30	1-35	1-40	1-44	None
26-40	31-45	36-50	41-55	45-60	1 day
41-55	46-60	51-65	56-70	61-75	2 days
56-65	61-75	66-80	71-85	76-90	3 days
66-75	76-85	81-95	86-105	91-115	4 days
<b>75</b>	<b>85</b>	<b>95</b>	<b>105</b>	<b>115</b>	Total Pitches Allowed in a Day

## ***APPENDIX VII – Baseball Manitoba Policies***

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### **Baseball Manitoba Policies**

The following Policies, and more, have been adopted by Baseball Manitoba, and may be viewed on the Baseball Manitoba website at <https://www.baseballmanitoba.ca/content/Policies>

Appeals Policy  
Code of Conduct and Ethics Policy  
Conflict of Interest Policy  
Discipline and Complaints Policy  
Dispute Resolution Policy  
Diversity, Equity, and Inclusion Policy  
Finance Policy  
Investment Policy  
Logo Use Policy  
Member in Good Standing  
Privacy Policy  
Player Selection Policy  
Provincial Coach Selection Policy  
Provincial Team Selection Policy – Male  
Provincial Team Selection Policy – Female  
Provincial Team Social Media Policy  
Provincial Team Travel Policy  
Residency Rules  
Respect In Sport Policy  
Safe Sport Policy  
Screening Policy  
Severe Weather Policy  
Social Media Policy  
Sport Program Funding Policy  
Umpire Abuse Policy  
Whistleblower Policy  
Youth Concussion Protocol Summary

### **Coaches DVD Library**

Baseball Manitoba has a selection of DVD's available at Coaching Manitoba, 2<sup>nd</sup> Floor of the Sport for Life Centre, 145 Pacific Ave in Winnipeg.

#### **Batting**

MVP Hitting – Doyle Baseball Schools  
Hitting Skills & Drills for Youth Players  
Hitting/Baserunning – Johnson – ABCA  
Hitting Drills From A-Z – Rod Delmonico  
Hitting Fundamentals – Rod Delmonico  
Right On – The Right Way to Hit – Ernie Rosseau

#### **Catching**

Ultimate Catcher – Tom Thompson  
The Complete Catcher – Tommy Thompson

#### **Pitching**

Pitching Drills & Fielding Skills for Youth  
Hitting Skills & Drills for Youth Players  
Pitchers Fielding Practice – Tom House  
The Pitching Edge – Tom House  
Pitching – Denny Doyle \* Jim Zerilla  
Coaching Pitchers – Dewey Robinson  
Teaching Pitches – Dewey Robinson  
Pitchers Fielding Practice Dewey Robinson  
The Red Book of Pitching – Clyde Keller  
Pitching Drills – Bob Bennett  
Pitching From the Ground Up – Bob Bennett  
Pitching Drills – Bob Bennett

#### **Fielding**

Fielding & Middle Infield Play -Itchy Jones  
Baseball Skills & Drills – Fielding – Jack Leggett  
Team Defensive Drills – Larry Price  
Individual Defensive Drills – Larry Price

#### **Baserunning**

Base Running – Blake Doyle  
Aggressive Baserunning Fundamentals – Rod Delmonico

#### **Exercise**

Jumping into Plyometrics – Donald Chu

#### **Fields**

ABC's of Ground Maintenance

#### **Umpires**

Handle It – Baseball Situations – Umpires  
See A Balk – Call A Balk – Rowe & Kaplan

#### **General**

Coaching Baseball: Winning Essentials 101

**APPENDIX IX – Travel Assistance**

**Travel Assistance / Hotel Fee**

Each team attending a Baseball Canada National Championship is required to provide the host with \$4,000 to cover the cost of accommodations. Host sites committees for national championships require about \$120,000 to host a championship event with 50% of this figure being housing. This \$4,000 fee does not apply at the regional 13U championships.

**Baseball Manitoba will pay the \$5,000 Accommodation Fee for teams attending national championships. However, there will not be any travel assistance funding.** This Accommodation Fee is for teams representing Manitoba at National (Baseball Canada) interprovincial AAA competition (13U to Senior).


As per Senior Council, the Senior All Star team attending Nationals will receive \$10 per Senior Player towards Travel costs.

Travel Assistance to Western Canada Championship competition, will be available for AAA teams, as noted in the chart below. There is no Travel Assistance for any intra-provincial competition which takes place in Manitoba.

	Sask.	Alberta	BC
13U, 15U, 18U, Junior and Senior Westerns	\$1000 May be split amongst all MB teams attending	\$2000 May be split amongst all MB teams attending	\$3000 May be split amongst all MB teams attending


**Flights/Transportation for  
Western Canada or National Competition**

Teams traveling for Baseball Canada National Championships to Ontario, or to the Western Provinces (Saskatchewan, Alberta and British Columbia) will be responsible for their own travel arrangements. The same applies for team attending the Western Canada Baseball Championships. Baseball Manitoba will not be booking flights or arranging transportation to these locations. Baseball Manitoba will only pre-book flights to Quebec or the Maritime provinces.




# BASEBALL MANITOBA SEVERE WEATHER POLICY

BASEBALL MANITOBA'S POLICY ON SEVERE WEATHER DURING  
ALL BASEBALL ACTIVITIES



### RESPONSIBILITIES


THE BASEBALL MANITOBA REPRESENTATIVE, IN COLLABORATION WITH THE UMPIRE SUPERVISORS AND THE UMPIRE CREW, ARE RESPONSIBLE FOR STOPPING A GAME WHEN SEVERE WEATHER HITS.



### THUNDER ROARS/ LIGHTNING STRIKES = STOP


WHEN THUNDER ROARS/LIGHTNING STRIKES, THE GAME WILL BE STOPPED. PLAYERS, COACHES, UMPIRES AND FANS SHOULD SEEK PROPER SHELTER.

<http://www.ec.gc.ca/foudre-lightning/>




### FIND ADEQUATE SHELTER

PROPER SHELTER DOES NOT INCLUDE THE DUGOUT. ANY FREQUENTLY USED BUILDING IS CONSIDERED SAFE. ANY VEHICLE WITH A HARD METAL ROOF AND ROLLED-UP WINDOWS CAN PROVIDE A MEASURE OF SAFETY.



### RESUMING THE ACTION

AT BASEBALL MANITOBA EVENTS, THE BASEBALL MANITOBA REP AND UMPIRES WILL WAIT AT LEAST THIRTY (30) MINUTES AFTER THE LAST SOUND OF THUNDER OR FLASH OF LIGHTNING BEFORE RETURNING TO THE FIELD AND RESUMING THE GAME.



### GET EDUCATED

THE CANADIAN LIGHTNING DANGER MAP, DESIGNED BY ENVIRONMENT CANADA IS AVAILABLE FOR REVIEW PRIOR OR DURING ANY EVENTS.

[http://weather.gc.ca/lightning/index\\_e.html](http://weather.gc.ca/lightning/index_e.html)

FOR MORE INFORMATION CONTACT US AT [BASEBALL.INFO@SPORTMANITOBA.CA](mailto:BASEBALL.INFO@SPORTMANITOBA.CA)

# AVOIDING AND PREVENTING HEAT RELATED INJURIES WHILE PLAYING BASEBALL

Guidelines

1

2hrs before

500 ml

1 hr before

250 ml

During (Every 15 mins)

125-250 ml

Immediately After

500 ml

1 hr after

500 ml of chocolate milk

2

You should drink at least 500 ml for every 9 kg of body weight

3

Drinking carbohydrate/electrolyte fluids may be beneficial in avoiding heat trauma

4

Wearing light breathable clothing is advised.

5

Officials should be very cautious in authorizing games and practices in environments where the temperature plus humidity combined are 35 C and over. Unlimited substitution is recommended during games as is frequent fluid breaks

Signs

Flushed face

Hyperventilation

Headache

Poor coordination

Shortness of breath

Goose bumps

Tingling arms

Chilliness

Confusion

Agitation

Uncooperativeness

Dizziness

Main types of injuries

1

Under Heat Cramps

weakness, muscle cramps, collapse with low blood pressure.

Treatment to replace the salt loss can be orally or by intravenous if vomiting is a problem.

2

Heat Exhaustion

weakness, irritability, collapse, unable to sweat adequately, a fine rash is often present.

Remove athlete to a cooler environment, use ice baths, fans

3

Heat Stroke

Medical Emergency call 911

mental confusion, headache, poor coordination, delirium, convulsions and death. The body temperature may be 106 F or 40.5 C or higher, the skin is usually hot and dry as the sweating mechanism has failed.

Rapid cooling is the goal using wet towels, spray mist, sponge baths and removal from the heat. This condition could cause the athlete to go into shock and coma may follow so immediate medical attention is required.

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### **Western Canada and National Championships**

#### **CHEF DE MISSION**

##### **BASEBALL CANADA NATIONAL CHAMPIONSHIPS**

Baseball Canada requires a Chef de mission from each team for National Championships. The Chef de mission, or Business Manager, is to serve as the representative of the team and Baseball Manitoba and is to travel with the team and be responsible for the team's conduct (in conjunction with the head coach) off the field.

The Chef de mission should be the primary point of contact for the team in its dealing with Baseball Canada officials and the host committee.

These dealings include, but are not limited to:

- Must attend all meetings at the National Championships (even if this means missing a team game)
- Team transportation issues
- Team accommodation issues
- Team meal issues
- Protests involving the team
- Team Discipline
- Tournament rescheduling that affects the team
- Any team related financial issues

The Chef de mission must always be available and reachable by the Host Committee and Baseball Canada representatives, and thus cannot be a coach. The Chef de mission should be familiar with the information in the Baseball Canada Participants Guide.

This is an important position, as this person not only acts for the team, but also represents Baseball Manitoba. A Tournament post event report is required by Baseball Manitoba following the championship. The Chef de mission will receive \$100.00 for their duties following the submission of the report.

##### **WESTERN CANADA CHAMPIONSHIPS**

For Western Canada Championships, the host province may appoint a Master Chef, who serves as the Chef for all teams. This person will liaison with the Western Canada Rep and the Host Committee and will be responsible for team conduct (in conjunction with the head coach) off the field, and any issues arising including accommodations.



# Baseball Canada RBI Program

## (Recognizing Baseballs Ideals)

Winnipeg South Minor Baseball Association was the first Baseball Canada RBI Approved Program in Canada. Since then, Red River Valley, North Winnipeg, St. James, South Central and Carillon have been approved. Carillon has gone so far as to have all of their baseball communities RBI approved.

The RBI Program was introduced in 2008 by Baseball Canada to:

- Ensure that local baseball associations apply core common criteria to ensure that consistent good practices are in place
- To ensure that RBI Accredited Associations are recognized through a common approach to branding.
- To provide a focus around which all baseball associations in Canada can come together to support good practice in working with children and young people.
- To promote and reward registration/membership within Baseball Canada, as well as within the Provincial Baseball Associations.

Further details can be found at the Baseball Manitoba website at <http://www.baseballmanitoba.ca/rbi>

***Get your community and league's programs RBI approved by Baseball Canada.***

## 2024 “AAA” QUALIFIERS

- The Zone 1 Winnipeg “AAA” playoffs (WABA) will be one Qualifier for 13U, 15U and 18U. The Zone 2 qualifier will be a tournament format and involve all Zone 2 AAA for 13U and 15U. 18U will use the standings after Zone 2 vs. Zone 2 18U AAA scheduled league games.
- Manitoba will have a maximum of 13 AAA Teams in all categories. When all 13 teams enter, there will be an 8 team Tier 1 and a 5 team Tier 2 event in each category. If less than 13 teams enter, there will be a 6 team Tier 1 event and the remaining teams will enter the Tier 2 event.

### **If there are 13 AAA Teams**

- 13U, 15U and 18U - 3 of the 5 Zone 1 teams would advance to the Tier 1 event. 5 of the 8 Zone 2 teams would also advance. This will result in an 8-team Tier 1 Provincial Championship and a 5 team Tier 2 Championship.

### **If there are less than 13 Teams**

- 13U, 15U and 18U - 3 of the 5 WABA teams would advance to the Tier 1 event. The top 3 Zone 2 teams would also advance. This will result in a 6 - team Tier 1 Provincial Championship and the remaining teams would make up the Tier 2 Championship. If there are less than 5 Zone 1 teams, the Competition Committee may decide to award an extra spot to Zone 2.

*Note: 18U AAA tie-breaking procedures, due to there not being a tournament, will be determined by the Competition Committee.*

- No pick-ups are available for AAA Provincials, as all teams qualify for either Tier 1 or Tier 2.

## **2024 Qualifier and Provincial schedule**

13U “AAA” Zone 2 Qualifier	Stonewall	July 19-21
13U “AAA” Provincial (Tier 1 & 2)	Seine River	August 2-4
15U “AAA” Zone 2 Qualifier	TBD	July 19-21
15U “AAA” Provincial (Tier 1 & 2)	Seine River	August 2-4
18U “AAA” Provincial (Tier 1 & 2)	Winnipeg South	July 26-28
13U, 15U and 18U “AAA” (WABA)	Zone 1 Qualifier	July 18-24

## ***APPENDIX XIV – Residency Rules***

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### **RESIDENCY RULES**

1. Each league, in conjunction with Baseball Manitoba, determines the actual geographic boundaries of the area from within which it shall select players. These boundaries must be described in detail, shown on a map and dated.
2. Any disputes regarding boundaries between leagues, and final determinations of boundaries will be made by a sub-committee of the Competition Committee.
3. For Baseball Manitoba purposes the principal residence for all 18U age category and younger players shall be the actual physical structure in which the person resides (not box office) as of April 1. This is the designated geographical area where the primary care giver resides.
4. An “address of convenience” is not permitted. Baseball Manitoba does not recognize temporary relocation for baseball registration purposes only. The penalty for violation of this rule may result in the disqualification of a player, team, or entire league from regular season and/or provincial championship competition.
5. Residence is established by:
  - a) The parents’ usual residence when parents live in the same house, or if one of the parents is deceased, the usual residence of the surviving parent as of January 1 of the current calendar year.
  - b) In cases where parents do not live in the same residence, the legal residence is the usual residence of the parent having legal custody of the player; or, if both parents have legal custody, the usual residence of the parent with whom the player usually lives; or again, if the player lives equally with both parents, his place of residence shall be determined by Baseball Manitoba as of January 1 of the current calendar year.
  - c) When legal custody has been granted to a third person, the usual residence of that person (in which case there must be a Court order or other lawful proof of guardianship) as of April 1 of the current calendar year.

**NOTE:** The term “usual residence” is defined as four (4) out of seven (7) days.

**NOTE:** In the application of the above, the term “legal custody” and/or “legal guardian” refers to the granting of custody as determined by a Court of Law in one of the following circumstances:

- a) the application of the Divorce ACT,
- b) in the case of an order enforcing or recognizing a legal separation agreement,
- c) loss of parental authority,
- d) when it is deemed the child’s development is compromised,
- e) when both (2) parents are deceased,
- f) married, or the equivalent of married

## ***APPENDIX XIV – Residency Rules (cont.)***

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6. Players who are required to change residence and continue to live with their parents will automatically be released.
7. If a player moves with parent or guardians, new residency for purpose of baseball must be established prior to April 1 of the current calendar year.
8. Baseball Manitoba shall retain the right to request the information listed below, but is not limited to, in order to confirm residency status. Residence shall be established and supported by documents dated on or in force between April 1<sup>st</sup> of the previous year and April 1<sup>st</sup> of the current year, from three or more of the following categories to determine residency of such parent(s) or guardian:
  - i. Property Tax Assessment
  - ii. Current utility statement or credit card statement (i.e. gas, electric, water, phone)
  - iii. Manitoba Driver's License
  - iv. Rental agreement or bill of purchase of new residence
  - v. Voter's Registration
  - vi. Welfare / Child Care Records
  - vii. Local (municipal) Records
  - viii. Insurance Documents
  - ix. Military Records
  - x. Internet, Cable, or Satellite Records
  - xi. Vehicle Records
  - xii. Financial Records (loan, credit, investments, etc.)
9. Any documents submitted as proof of residence must show customary usage or consumption to demonstrate bona fide continuous habitation by Baseball Manitoba in its discretion. It is recommended that leagues require some proof of residence within the league's boundaries at the time the player registers. Players and their parents/guardians are advised that a false statement of residence may lead to ineligibility to baseball.
10. If the claim for residency is challenged, three of the above materials must be submitted to Baseball Manitoba, with an affidavit of residency from the parent(s) or guardian. Baseball Manitoba shall decide the issue, in its sole discretion, and that decision will be final and binding. Residency documents must illustrate that the residence (as defined above) was inside the league's boundaries throughout the regular season.

### Sport Manitoba's RESPECT IN SPORT PROGRAM

Sport Manitoba and Baseball Manitoba believe in being proactive to ensure sport in our province is safe and welcoming for all participants. Respect in Sport helps us promote those values through a simple and convenient on-line training course for coaches and sport leaders. It is designed as a tool to assist coaches in identifying and dealing with abuse, neglect, harassment and bullying in sport. Respect in Sport enables coaches to deal with legal and moral responsibilities, making them less vulnerable and more confident in dealing with sensitive issues. A risk management tool, Respect in Sport will help sport organizations reduce liability.

**As a mandatory Sport Manitoba requirement, all coaches from all sports (every Rally Cap, Grand Slam, “A”, “AA” and “AAA” baseball coach) MUST have the “Respect in Sport for Activity Leaders” course completed by May 15 or their name will be removed from the roster. The Hockey Parent version is NOT valid for a Baseball coach.**

The course is three hours in length but can be completed at the coach's leisure, in its entirety or in segments at their own pace. The program is available in both English and French and is provided free of charge to all coaches. **To complete this course, go to <https://www.baseballmanitoba.ca/content/Respect-in-Sport>**

For those coaches who completed their Respect in Sport for coaches over 5 years ago, they must **recertify** with the new two and a half hour Respect in Sport for Activity Leaders course as part of their requirements of being a coach in Manitoba. Recertification was always a requirement of the program but has not been available until now. If the email address on their Respect in Sport Profile is correct and hasn't changed, they should have received an email from the Respect in Sport group letting them know they need to re-certify or their certificate will no longer be active. All coaches should be encouraged to check if their Respect in Sport is still valid.

Go to <https://sportmanitoba.respectgroupinc.com/> to complete the course as soon as possible. The steps to recertify now are available at <http://www.sportmanitoba.ca/coaching/respect-sport>.

To sign in – you will need your username (your PSO as well as Coaching Manitoba will have) and your special date (this is your birthdate). If you have any questions, please contact us or Coaching Manitoba at 204-925-5692.

Once coaches have completed the RIS-Activity Leaders course, they will have 5 years until they are required to recertify. At that time, they will receive an automated email from the Respect Group letting them know it is time to recertify to stay active.





**BASEBALL  
MANITOBA**

# OFFICIAL UNIFORM OF BASEBALL MANITOBA



## OUTERWEAR



## PERFORMANCE TRAINING



## GRAPHIC TEES



# UNIFORM BUILDER



[MYLOCKER.RAWLINGS.COM](http://MYLOCKER.RAWLINGS.COM)