

# 2026 BASEBALL NOVA SCOTIA HANDBOOK



## Notable Changes to the 2026 Baseball Nova Scotia Handbook

**2.7.4** Should a player appear on the roster of more than one team, BNS will follow up to ensure the athlete is on the correct roster per the Roster rules and Club Licensing Policy.

**2.7.6** BNS reserves the right to investigate teams that roster players who have not appeared in games up to Classification deadlines and/or request to add players past such deadlines. If it's deemed the player(s) could have significant impact on the team's placement (tier or classification), BNS reserves the right to

- a) Remove or deny the player's participation in the team for the remainder of the season; or
- b) Change the team's tier or classification to reflect the player's impact from participation.

**2.7.9** Teams at **12U Girls and 14U Girls** can apply to Baseball Nova Scotia for permission to carry up to three (3) overagers.

**2.9.4** Players turning 17 or younger in the calendar year must play in the 18U division, unless they are designated as an **'Identified Athlete'** (protocol for identification outlined in rule 2.9.9).

**2.9.4.1** An 'Identified Athlete' must possess a level of mental, social, and emotional maturity that belies their age, along with baseball skills that greatly exceed those of other elite level players both in their age group and among players several years older. This designation, confirmation of the skill level and final determination of the player status shall be determined by the Performance Coach as identified in 2.9.9.

Note: Any player of the National Junior Team would be considered an 'Identified Athlete' and would be entitled to play 22U should they choose to do so.

**2.9.4.2** 'Collegiate committed' player is any player that is 18 years of age in the calendar year, that has committed to and will be attending a collegiate program (i.e. NCAA / NJCAA / NAIA). The decision to approve or deny these players to be eligible for 22U will follow the same protocol as identified in Part 2.9.9 and 2.9.10.

**2.9.9** 'Identified Athletes' will be assessed and determined by the Baseball Nova Scotia Performance Coach. Identification will be based on demonstrated performance, projected development, and readiness for advanced competition. Results, metrics and testing used may vary from year to year. 'Identified Athletes' will be determined in the fall of the previous year.

NOTE: 'Identified Athlete' designation is not assigned to all players in the BNS 17U program. The 'Identified Athlete' pathway will only be considered for top athletes in the program, per the criteria established by the BNS Performance Coach.

**3.3.2** All coaches should complete the Online Fundamentals of Coaching Baseball, Online Initiation in Sport, and Safe Sport E-Learning modules prior to working with athletes. In person courses can be completed when the course is available in the coach's region (in that calendar year) and prior to the Certification deadline outlined in 3.3.1.

The 17U Provincial Team will play a limited schedule (12-15 games) and attend the Canada Cup or Canada Games (every four years).

The 16U Girls Provincial Team will play a limited schedule (12-15 games) and attend the 16U Girls National Championships or Canada Games (every four years).

**5.2.6.3** 15U and 18U - In all levels (AAA, AA, A), aluminum BBCOR bats with a maximum weight-length differential of -3 are permitted. Wood bats, bamboo bats and wood composite bats will be also allowed (no maximum weight-length differentials for wood bats). Wood composite bats include wood bats with fiberglass sheathing and wood barreled bats with composite handles.

Note: Females playing on co-ed' teams at this level will be permitted to use BBCOR aluminum bats with a maximum weight-length differential of -5.

**5.2.10.2** If a violation is found after it occurs in Bluenose League play, Pitch Count Violations should be reported to BNS. Upon further investigation, should it be determined that violation occurred, a formal warning will be issued to the Head Coach. Should the Head Coach violate a pitch count rule a second time, a one (1) game suspension will be issued. Should the Head Coach violate a pitch count rule a third time, a five (5) game suspension will be issued. Should the Head Coach violate a pitch count rule a fourth time, the coach will be issued a year long suspension.

**5.2.10.3** If a violation is found after it occurs in Championship play, Pitch Count violations should be reported to BNS. Upon further investigation, should it be determined that a violation occurred, a formal warning will be issued to the Head Coach and the team will have five defensive runs added to any tie break calculation in round robin play. The violation must be reported prior to calculations being completed for playoff seeding. Should the Head Coach violate a pitch count rule a second time in the same event, they will be suspended for the remainder of the event and issued an additional one (1) game suspension. Prior warnings or suspensions in the Bluenose League shall carry over to Championship events.

**6.4.11** If an on-field incident is reported, upon further investigation, the Discipline Grid may be used to issue suspensions even if no ejection occurred.

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## 1. President's Message

On behalf of the Executive, Staff and Board of Directors of Baseball Nova Scotia, I would like to take the opportunity of extending a warm welcome to all the players, coaches, umpires, officials and team volunteers to the 2026 baseball season.

Make sure to enjoy the experience, while encouraging and supporting the other participants, being open to re-kindling old friendships and making new ones. To all the players, give it your all and as you do so, play fair, strive to win, but win or lose, do your best.

To stay up-to-date all summer:

Like us on Facebook: [www.facebook.com/baseballnovascotia](http://www.facebook.com/baseballnovascotia)

Follow us on Instagram: [www.instagram.com/baseballnovascotia](http://www.instagram.com/baseballnovascotia)

Finally, I take the opportunity to wish safe travels and a very enjoyable and rewarding baseball experience this summer.

Sincerely,

Andrew Downs

President, Baseball Nova Scotia

## 2. Organization & Governance

### 2.1. Governance

An elected Board of Directors, including an elected Executive operate Baseball Nova Scotia on behalf of its membership. Day-to-day administration of Baseball Nova Scotia is the responsibility of the Executive Director and office staff.

Between meetings of the membership; it's Board of Directors, consisting of five Regional Directors, the Executive, the Supervisor of Umpires and the Past President are responsible for administering the affairs of Baseball Nova Scotia.

Between meetings of the Board of Directors, it's Executive, consisting of the President, the VP Operations, VP Finance, VP Girls Baseball, the Secretary and the Supervisor of Umpires are responsible for administering the affairs of Baseball Nova Scotia.

Between meetings of the Executive, the President and the Executive Director are responsible for administering the affairs of Baseball Nova Scotia.

### 2.2. Communication Pathway

- If you are a player or parent, contact your coach or association representative.
- If you are a coach, contact your association representative.
- If you are a club representative, contact your regional director or the executive director.
- If you are a parent, contact your coach or association representative.
- If you are a parent and have issues with your respective association, contact the regional director or executive director.
- If you are an association representative, contact the executive director or president.

### 2.3. Calendar of Events

Refer to the Baseball Nova Scotia Website ([www.baseballnovascotia.com](http://www.baseballnovascotia.com)) under Events.

### 2.4. Membership and Club Licensing

#### 2.4.1. Club Licensing Policy

Associations, Independent Teams, Leagues, and Associate Members must abide by the conditions laid out in the Club Licensing Policy.

Clubs must register their clubs annually and have their member data entered into the Baseball Nova Scotia membership database no later than the date specified in the Calendar of Events.

Clubs will be set up with login information for their club allowing them to submit the current season information. To obtain this information please contact the Baseball Nova Scotia Office.

### 2.4.2. New Clubs

If you are not currently a member of Baseball Nova Scotia and are looking to join, please contact the Operation Manager (khagen@sportnovascotia.ca). To join as a new member, BNS requires prospective clubs to follow the procedures outlined in the Club Licensing Policy.

### 2.4.3. Membership Fees

Baseball Nova Scotia membership fees for all; Players, Coaches, Managers, Club Executives, Volunteers and Umpires is **\$30.00 per individual**. This fee is for all the above and not only Rep or Bluenose League Members.

Note: Each individual pays a maximum of \$30.00 (excluding umpires). Example: If you are a player as well as a coach you only pay the \$30.00 once.

### 2.4.4. Member Services

Baseball Nova Scotia members have access to the following services:

- Insurance
  - Accident
  - Liability
- Access to BNS Technical Director
- Access to Baseball Nova Scotia Programs
- Player Development
  - Challenger Baseball
  - Rally Cap
  - Baseball5
  - My First Pitch
- Provincial Teams
  - 13U Selects
  - 14U Girls
  - 15U Selects
  - 16U Girls
  - 17U Youth Selects
  - 19U Women
  - Senior Women
- Coaching Development
  - NCCP Clinics
  - Provincial Coaching Education Sessions
- Competitions
  - Bluenose League
  - Provincial Championships
- National Elimination (AAA only)
- Access to Sport Nova Scotia Fundraising
- Access to KidSport
- Year-Round Support

## 2.5. Proof of Age

2.5.1 Each association is accountable for ensuring the correctness of player information recorded on their rosters. There is no requirement to submit proof of any player's age while filing team rosters, though it is collected during membership registration. If any Head Coach or Manager has reason to question the age of any player their association may submit a written appeal to the Baseball Nova Scotia office and include a \$100 process fee. The association of the team under question will have 48-hours to submit the requested proof of age to the BNS office. Acceptable proof of age will be determined from a photocopy of birth certificate, driver's license or Provincial Health Card. If the appeal is successful, the \$100 fee will be returned to the association.

2.5.2 Return of original proof of age documents cannot be guaranteed by BNS.

2.5.3 Submission of falsified documents shall lead to the team's suspension for the remainder of the year plus the head coach will be suspended during the next playing season and the same for the player and any member of the team's coaching/management staff or any association executive who were aware that falsified documents were submitted and did not report same to BNS.

## 2.6. Residency and Player Transfers

2.6.1 For all age divisions, in order to be eligible for provincial play downs, a player(s) **must** be a resident of Nova Scotia (city, town or village) before June 1<sup>st</sup> of the current playing season. It is the responsibility of the registering association to ensure the requirements outlined in this part are fulfilled. Extenuating circumstances will be considered upon appeal to the Regional Director.

2.6.2 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 April 1<sup>st</sup> of the current calendar year.
- b) In cases where parents do not live in the same residence, the athlete shall choose which residence they wish to use as their usual residence.
- 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<sup>st</sup> of the current calendar year.

2.6.3 Residence shall be established and supported by documents dated on or in force between January 1<sup>st</sup> and June 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. Baseball Nova Scotia can be consulted should a dispute occur. Acceptable documentation to confirm residency can include:

- a) Property Tax Assessment
- b) Current utility statement or credit card statement (i.e. gas, electric, water, phone)
- c) Nova Scotia Driver's License
- d) Rental agreement or bill of purchase of new residence
- e) Voter's Registration
- f) Welfare / Child Care Records
- g) Local (municipal) Records
- h) Insurance Documents

- i) Military Records
- j) Internet, Cable, or Satellite Records xi. Vehicle Records
- k) Financial Records (loan, credit, investments, etc.)

2.6.4 Players who are a BNS registered member of an association and who wish to play competitive baseball and/or have played competitive baseball for their current association, are therefore required to play for or tryout for their own association's competitive teams (provided the association is offering a program at the higher level the player wishes to play). If that player is not successful in making a team in their association, they cannot try out for another association.

2.6.5 If the association, where a player was a member the previous year, is not offering a competitive program at a higher level and the player wishes to play at that higher level, then they are permitted to:

2.6.5.1 Tryout with one other association that is offering the higher-level competitive team/program.

2.6.5.2 Return to their own association if they do not make the team in which they have tried out for.

2.6.5.3 Return to their previous association the following year if their former association (in which they left) begins offering a competitive team/program at the higher level.

2.6.5.4 If the player's former association is not offering a competitive program at the higher level in which a player wishes to play, and he or she plays two consecutive seasons with the new association, then they will become eligible to remain as a full-time in that new association.

2.6.6 No official release is required to tryout for a higher competitive level team in another association (if your own association is not offering that program). The president of the association with the higher competitive level team determines the acceptance or rejection of the tryout request. This tryout process is restricted to one team per player per season.

2.6.7 An official release is required from the president of the association where the player resides, if the player is accepted to tryout for a competitive level offered in another association, and the level is equal to the competitive level being offered in the players current association.

2.6.8 Players will register with the new association, and should they be unsuccessful in making the higher-level team, all payments\* and registration info should be transferred back to the player. (\*does not include fees associated with tryouts).

2.6.9 If there are extenuating circumstances, whereby a player is required to move and reside outside their current association, the BNS Executive may permit a player to be eligible to play with another team within the province, pending acceptance of an official Release form.

2.6.10 Should teams at the AAA or AA level accept players from other associations; that higher level team may not be eligible to be reclassified to a lower level during the season. That team may not be considered for a placement in a lesser level if the association from where the transferred player(s)

came from has a team at the same lower level. An official appeal outlining the reasoning for the request can be made to the Competitions Committee.

Example: John Smith leaves Town 1 because they are only offering AA, and John wishes to play AAA. Town 2 offers AAA, so John tries out in Town 2 and makes the AAA team. Town 2 may not be eligible to be reclassified to AA.

2.6.11 Any disputes regarding determination of boundaries between associations and player eligibility will be made by the BNS Executive (in consultation with the Regional Directors).

## 2.7. Rosters

2.7.1 All participating teams must have a copy of their roster submitted online via the Bluenose League website.

2.7.2 No player shall be permitted to register on more than one roster. However, a player may appear on one roster plus 13U Co-ed, 14U Girls, 15U Co-ed, 16U Girls, 17U Co-ed, 19U Women's or Senior Women's team without penalty.

2.7.3 Girls participating in the 12U and 14U girls divisions can be on two (2) rosters provided one of them is a team competing at 12U or 14U girls and the other is a co-ed club team. Club Licensing and Roster rules otherwise still apply.

2.7.4 Should a player appear on the roster of more than one team, BNS will follow up to ensure the athlete is on the correct roster per the Roster rules and Club Licensing Policy.

2.7.5 Rosters must be submitted online by the date specified in the calendar of events.

2.7.6 BNS reserves the right to investigate teams that roster players who have not appeared in games up to Classification deadlines and/or request to add players past such deadlines. If it's deemed the player(s) could have significant impact on the team's placement (tier or classification), BNS reserves the right to

a) Remove or deny the player's participation in the team for the remainder of the season; or

b) Change the team's tier or classification to reflect the player's impact from participation.

2.7.7 Rosters must include a minimum of 12 players, but teams or associations can appeal to BNS should there be extenuating circumstances that prevent a team from registering 12 players.

2.7.7.1 Teams participating in National Elimination tournaments must have rosters which meet the rules of the National Championship they are qualifying for.

2.7.7.2 If a coach or manager is also a player, such player or players are to be counted among the 12 (min) registered players.

2.7.8 Athletes participating in BNS National Elimination tournaments must meet the eligibility criteria to attend a Baseball Canada National Championship (per rule 1.2 Eligibility Rules for Athletes in the Rules and Regulations for Baseball Canada Championships). Should the athlete not meet the requirements outlined by Baseball Canada, he/she will be ineligible to participate in the National Elimination tournament. Baseball Nova Scotia will permit athletes that do not meet this Baseball Canada criteria to participate in events that do not serve as qualifying tournaments for Baseball Canada events (Bluenose League, association tournaments, and BNS Provincial Championships).

2.7.9 Teams at **12U Girls and 14U** Girls can apply to Baseball Nova Scotia for permission to carry up to three (3) overagers. Teams will have to demonstrate one of the following criteria is met for consideration:

a) The association has less than twelve (12) registered eligible players and the use of over-agers is required for the team to register 12. The team may only apply for permission to carry a number that will bring the roster to 12 (example: an association with nine (9) registered eligible players may apply for three (3) over-agers. An association with ten (10) registered eligible players may apply for two (2) over-agers. An association with eleven (11) registered eligible players may apply for one (1) over-ager.) Associations will be asked to provide proof there are no other registered players in the association that are age eligible, and/or the team did not release age-eligible players during a tryout process. A fourth over-ager will not be permitted under any circumstance.

b) The association does not have an upper age level team of the appropriate age group for identified players to register.

2.7.10 In all co-ed divisions - females are eligible to play one year over age.

## 2.8. Affiliation

2.8.1 If a team within the same association is within one competition level of a team looking to affiliate, they must affiliate with that team.

2.8.2 A team is considered to be automatically affiliated to a team one competition level below them within the same association. In the case described in this clause there is no need to fill out an affiliation form online.

2.8.3 In all other scenarios (including a team within the same association more than one competition level below) an online affiliation must be filled out.

2.8.4 Any team may affiliate with one team of a higher age division or classification and one team of a lower age division or classification, by submitting a completed affiliation form and copies of the affiliates' rosters to the BNS office no later than July 28<sup>th</sup> (should the team not fall under rule 2.8.2).

Note: Any team may affiliate with one team of a lower age division at equal or lower classification OR affiliate with 1 team at the same age division at a lower classification, by submitting a completed affiliation form and copies of the affiliate's rosters to the BNS office no later than July 28<sup>th</sup>. 11U level teams may affiliate with an 11U house league team within their association provided that a list of all house team players is submitted. You must affiliate with a team within your association if a team is available. Approval of affiliation forms are dealt with by the BNS office on a case-by-case basis.

Example – 13U AAA can affiliate with 11U AAA, AA or 13U AA, A.

Example – 13U AA cannot affiliate with an 11U AAA team but can affiliate with a 13U "A" or 11U "AA", "A".

2.8.5 Since Senior and Intermediate are both "open" age categories, they may affiliate with any team 18U or higher but cannot affiliate with a team within their division. Example, an Intermediate AAA team cannot affiliate with an Intermediate "AA" or "A" team. An Intermediate "AAA" can affiliate with a 22U or 18U team.

2.8.6 For any team affiliating with a club in the Nova Scotia Senior Baseball League, the deadline to finalize the roster is July 7<sup>th</sup>.

2.8.7 Following affiliation, a player registered with a lower age division team may play with a higher age division team from the lower age division team. Teams can call up from their affiliated team for Bluenose League, Provincial Championships, Qualification Tournaments, or National Eliminations with no limits on the amount of games those players are eligible to be used (with the exception of 18U athletes being called up to 22U. See 18U and 22U Roster Policy).

[NOTE: Exception – Players on teams who affiliate with senior league teams (18U, 22U, and intermediate) may play six games after July 6th, but cannot play the 7th game or they cannot return to their original team.]

2.8.8 Any team registering, playing or attempting to play an ineligible player or playing while an ineligible coach is coaching shall result in the ineligible person being disqualified.

2.8.9 Should a player or coach be ruled ineligible at a pre-tournament meeting, such player or coach may be subject to further discipline by the BNS Executive.

## 2.9. Identified Athlete, 18U, and 22U Roster Policy

2.9.1 Players turning 19 in the calendar year do not require a release from their current association to transfer to a new association or team.

2.9.2 Players turning 18 in the calendar year (or younger) require a release from their current association to transfer to a new association or team.

2.9.3 Players turning 18 in the calendar year are eligible to try out for a 22U team (within their association or the closest 22U program in their region) with permission from their current association.

2.9.4 Players turning 17 or younger in the calendar year must play in the 18U division, unless they are designated as an 'Identified Athlete' (protocol for identification outlined in rule 2.9.9).

2.9.4.1 An 'Identified Athlete' must possess a level of mental, social, and emotional maturity that belies their age, along with baseball skills that greatly exceed those of other elite level players both in their age group and among players several years older. This designation, confirmation of the skill level and final determination of the player status shall be determined by the Performance Coach as identified in 2.9.9.

Note: Any player of the National Junior Team would be considered an 'Identified Athlete' and would be entitled to play 22U should they choose to do so.

2.9.4.2 'Collegiate committed' player is any player that is 18 years of age in the calendar year, that has committed to and will be attending a collegiate program (i.e. NCAA / NJCAA / NAIA). The decision to approve or deny these players to be eligible for 22U will follow the same protocol as identified in Part 2.9.9 and 2.9.10.

2.9.5 Players turning 16 in the calendar year must play in the 18U division (cannot be designated as an 'Identified Athlete').

2.9.6 Players turning 17 in the calendar year must obtain approval from their current association or be designated as an 'Identified Athlete' to play in the 22U division. The player would only be eligible to tryout for the 22U team in their association, or the closest 22U team in their Region.

2.9.7 Players turning 18 in the calendar year must obtain approval from their current association to be rostered in the 22U division. Should this request be denied, the player will be eligible to request to be reviewed as an 'Identified Athlete' or request a BNS review to be considered eligible as a collegiate committed player that would contribute to and benefit from playing at the 22U level. The player would only be eligible to tryout for the 22U team in their association, or the closest 22U team in their Region if the player is approved.

2.9.8 Players aged 18 and under who are unsuccessful in trying out for a 22U team must return to their 18U team ('Including 'Identified Athletes').

2.9.9 'Identified Athletes' will be assessed and determined by the Baseball Nova Scotia Performance Coach. Identification will be based on demonstrated performance, projected development, and readiness for advanced competition. Results, metrics and testing used may vary from year to year. 'Identified Athletes' will be determined in the fall of the previous year.

NOTE: 'Identified Athlete' designation is not assigned to all players in the BNS 17U program. The 'Identified Athlete' pathway will only be considered for top athletes in the program, per the criteria established by the BNS Performance Coach.

2.9.10 Players wishing to apply to be designated as an 'Identified Athlete' but were not originally given that designation, must provide the BNS office with an official letter for review and a \$300 non-refundable fee. The letter must include rationale for the request based on skill level, playing experience, references (if available), collegiate acceptance letter (if applicable), and overall reasoning for playing in the 22U division.

2.9.10.1 The letter will be reviewed by the BNS Performance Coach. The Performance Coach will determine if further evaluation may be needed.

2.9.10.2 An official decision will be communicated to the requesting player within seven (7) days of receipt.

2.9.10.3 Should the request be successful, \$200 will be returned to the applicant.

2.9.11 All rosters for 18U AAA and 22U AAA teams must be submitted by June 1st.

2.9.12 All 18U aged players on a 22U roster as of July 1<sup>st</sup> are ineligible to participate in 18U National Eliminations and Provincials.

2.9.13 Players on an 18U AAA roster as of July 1<sup>st</sup> are eligible to be called up for a maximum of 5 games (exhibition, league or in-province tournaments) to their 22U AAA affiliate after the July 1<sup>st</sup> date. Any out of province competitions would not count towards the 5-game cap, as long as the team receives writing permission from the athlete 18U team to attend the event. This written permission must be submitted to Baseball Nova Scotia. Failure to do so will result in all out of province games counting towards the 5-game cap.

2.9.14 Players on an 18U AAA roster as of July 1st, can play in a maximum of 1 (one) game with their 22U AAA affiliate at the National Elimination Tournament, and 1 (one) game at Provincial Championships.

2.9.15 Once an affiliate player has played their (one) game, they will not be permitted on the bench for subsequent games. A player must enter the game in some capacity (pitching, hitting, base running, fielding) to be considered to have played their 1 (one game).

2.9.16 Teams within the 22U division are only permitted to call up third-year players (turning 18 in the calendar year) from their 18U affiliate teams.

2.9.17 A maximum of 20 players (roster + affiliate players) will be permitted on the bench for 22U National Eliminations.

## 3. Coaching

### 3.1. Coaching Requirements

Please refer to the Baseball Nova Scotia website, under Coaching Requirements, for the most up to date NCCP guidelines by division.

### 3.2. Team Trainers

Teams may also have a trainer, who must be certified as such, be a nurse, doctor or have received a diploma in accordance with sport training. Trainers may be requested to prove their status and under no circumstances may they become involved with coaching the team unless he/she is also one of the registered assistant coaches with required certification as specified on the Baseball Nova Scotia website.

### 3.3. Coaching Certification Deadline

3.3.1 Coaches are to be in compliance with NCCP requirements on the date specified in the Calendar of Events. Coaches who are not in compliance with the certification requirement by the date listed in the Calendar of Events shall be removed from the roster and will be ineligible for BNS provincial qualifications and Provincial Championships.

3.3.2 All coaches should complete the Online Fundamentals of Coaching Baseball, Online Initiation in Sport, and Safe Sport E-Learning modules prior to working with athletes. In person courses can be completed when the course is available in the coach's region (in that calendar year) and prior to the Certification deadline outlined in 3.3.1.

### 3.4. Coach Replacement

3.4.1 A team may add, edit or remove their coaches after the deadline set out in the calendar of events so long as any additions to the roster meet NCCP requirements. All changes must be made in writing to the BNS Office.

### 3.5. Safe Sport

3.5.1 The association is responsible to ensure each Coach, Manager and team staff member submit proof of valid Criminal Background Record Check and/or Vulnerable Sector Screening. Associations are responsible to track the information.

3.5.2 Should an association become aware of a member volunteer with a positive Criminal Record Check, they must immediately notify the BNS office for review. The Screening Committee will determine if the volunteer is eligible (with or without conditions) to participate, per the BNS Screening Policy.

3.5.3 All coaches must complete the Safe Sport Training module through their Locker account.

## 3.6. Dress Code

3.6.1 The Coaches Dress Code pertains to all Baseball Nova Scotia sanctioned events such as Provincials Qualifications, Provincial Championships, any elimination tournaments and Bluenose League in which BNS coaches take part. For the purpose of this regulation, the “coach” refers to all members of the coaching staff.

3.6.2 Members of the coaching staff must be in appropriate and presentable baseball coaches’ attire at any/all BNS sanctioned events. This attire consists of any of the following:

- Baseball Nova Scotia encourages base coaches to wear a skullcap, although not mandatory.
- Numbered baseball uniform, identical to those worn by the players which includes jersey, team jacket/sweater, pants, and team hat.
- Track pant/suit with a golf shirt or t-shirt (short, 3/4 or long sleeved) in matching colors and preferably having a team logo on the shirt.
- Tailored shorts or pants (i.e. Khaki’s, Dockers, etc.) with a golf shirt or t-shirt (short, 3/4 or long sleeved) in matching colors and preferably having a team logo on the shirt.
- Footwear: should consist of sneakers, cleats, or coaches turf shoes.

Note: All coaches are expected to wear either a team uniform, track pants or shorts, along with shirts that are similar and match team colors. If unable to completely match team colors, then all coaches should have the same color outfit. An example of this would be all coaches in navy track pants, white golf shirt and team hat, even though the team pants are royal blue.

3.6.3 Coaches’ clothing that is not permitted consists of the following:

- Pants: Blue Jeans, cargo, sweats or cords;
- Shorts: jeans, basketball or beach;
- Shirts: T-shirts, jerseys or other types of shirts not matching team colors or other shirts such as cut-off/muscle shirts;
- Footwear: sandals, flip-flops, boots, etc.
- Cell phones are not permitted to be used on the field (unless used for a baseball related application)

Note: Cell phones may be used in the dugout/bench area to obtain medical attention for emergencies and other non-game related purposes.

### 3.7. Coach Conduct

3.7.1 Coaches will only be permitted to cross the foul lines to assess and/or assist injured players or ask for a ruling clarification. A coach may also cross the foul lines to address or remove the pitcher. No coach, manager, trainer or any other team rep shall address an umpire to debate/question a judgment call by an official. This will result in an automatic ejection.

## 4. Provincial Team Programs

### 4.1. 17U Provincial Team

To systematically identify and train the province's best baseball players. This program seeks to prepare these athletes to showcase their talents at the country's elite tournament, the Canada Cup/Canada Games. This program is the Learn to Compete stage (Elite level) and progresses athletes to National/University programs.

Note: The 17U Provincial Team will play a limited schedule (12-15 games) and attend the Canada Cup or Canada Games (every four years).

### 4.2. 15U Provincial Team

To systematically identify and develop the province's best athletes. This program seeks to prepare these athletes to showcase their talents at the 15U National Championships. This program is the Train to Train stage (Development level), and progresses athletes to the 17U Provincial Team programs.

Note: The 15U Provincial Team will play a limited schedule in the 18U AAA league and attend the Baseball Canada 15U National Championships.

### 4.3. 13U Provincial Team

To systematically identify and develop the province's best athletes. This program seeks to prepare these athletes to showcase their talents at the 13U National Championships. This program is the Train to Train stage (Development level), and progresses athletes to the 15U Provincial Team programs.

Note: The 13U Provincial Team will play a limited exhibition schedule (4-6 games) and attend the Baseball Canada 13U National Championships.

### 4.4. Senior Women's Provincial Team

To systematically identify and train the provinces best female baseball players to showcase their talents at the country's elite tournament, the Senior Women National Championships. This program is the Train to Compete stage (Elite level) and progresses athletes to the National program.

### 4.5. 19U Women's Provincial Team

To systematically identify and train the province's best female baseball players to showcase their talents at the country's elite tournament, the 21U Women's National Championships. This program is the Train to Compete stage (Elite level) and progresses athletes to the provincial senior women's program and National program.

## 4.6. 16U Girls Provincial Team

To systematically identify and train the province's best baseball players. This program seeks to prepare these athletes to showcase their talents at the country's elite tournament, the 16U National Championships/Canada Games. This program is the Learn to Compete stage (Elite level) and progresses athletes to the 19U and Women's programs.

Note: The 16U Girls Provincial Team will play a limited schedule (12-15 games) and attend the 16U Girls National Championships or Canada Games (every four years).

## 4.7. Coach Selection Guidelines

### 4.7.1. Selection Process

- Head Coach/Assistant Coach Application request posted on BNS website.
- Application deadline (approximately two (2) weeks from posting. Applicants must provide required qualification information by deadline.
- High Performance Committee to review applications and create a short list for interview stage.
- Candidate contacted for interview. Interview dates TBD (within three weeks of deadline)
- Interviews conducted by Interview Committee.
- High Performance Committee reviews recommendation of Interview Committee.
- BNS Executive reviews recommendation of High-Performance Committee.
- Head Coach contacted for position. President will inform successful applicant one week after completion of interviews.
- Assistant coach pool of approved applicant presented to Head Coach Successful Head Coach will choose 1 assistant coach. High Performance Committee will present list of interested/qualified assistants. Head Coach will select two additional assistants from the list.
- Coaching staffs complete. Successful Head Coach will be on a two-year term (pending season end evaluation of the program after year 1). Head Coach is eligible to reapply upon completion of term.

\*Assistant coach selection may vary, depending on level of interest.

### 4.7.2. Qualifications

- Head coach must be NCCP Provincial Certified at time of applying for 13U, 15U, 16U Girls, 19U Women, and Senior Women programs.
- Head coach must be Competition Development trained or in the process of completing training at the time of applying for the 17U program.
- Assistant coaches must be NCCP Provincial Trained by July 1<sup>st</sup>.
- Baseball Resume.
- References.
- Strategic Plan (Head Coach only).
- Proposed Calendar of Events (Head Coach only).
- Typical Practice Plan (3 hr session) (Head coach only).
- Coaching Philosophy (Approach, role delegation, etc.) (Head Coach only).

- Criminal Record check and Child Abuse Registry check will be required from all successful applicants for both head and assistant coach roles.

## 4.8. Athlete Selection Guidelines

4.8.1 To be considered for High Performance programs, athletes must be a member of Baseball Nova Scotia.

4.8.2 Athletes must preregister for any Baseball Nova Scotia sanctioned evaluation camp through the head coach or manager.

4.8.3 Athletes will be evaluated based on a standardized player evaluation form.

4.8.4 All participating athletes will receive feedback in the form of an email, letter, or other means of communication.

4.8.5 Selection timelines may vary from team to team and vary due to unforeseen circumstances.

4.8.6 High Performance coaches may consider athletes unable to attend tryouts based on previous evaluations, or participation in BNS High Performance programming. This will occur on a case-by-case basis. Reasons for absence can include (but not limited to) attending an out of Province academic institution, injuries, or commitments to completing another sport season.

## 5. Baseball Nova Scotia Rules

These are rules laid down by Baseball Nova Scotia that have no corresponding rule in the Official Rules of Baseball. For that reason, Rules in this section apply to all BNS sanctioned games.

### 5.1. General Conduct

5.1.1 Registered coaches and trainers of both participating teams shall be permitted on the field, in the dugout, or on the bench or in designated bullpens. However, only designated coaches and assistant coaches may perform coaching duties.

5.1.2 Members of both teams and the umpires shall not smoke nor use smokeless tobacco. This rule applies from the moment that participants and officials enter the playing field until they leave. Violation of this rule will result in an immediate ejection. In addition to using tobacco during the games, teams are encouraged not to smoke or use smokeless tobacco before or after the game while in uniform.

5.1.3 The use of alcoholic beverages is expressly prohibited on the field, in the dugouts or in the direct vicinity of the baseball field.

5.1.4 Should an umpire be found to be in violation of either 5.1.2 or 5.1.3 a report should be forwarded to the Executive Director.

5.1.5 No player shall be permitted to wear any exposed jewelry such as bracelets, necklaces, watches and earrings. However, Medical Alert bracelets and Medical Alert necklaces may be worn but must be taped to the body.

5.1.6 In the event an electrical storm is apparent, the umpire shall have the authority to suspend play until there is no evidence of lightning for a period of 15 minutes. This is in the umpire's judgment however the coaches do have the right to take their teams off the field.

5.1.7 Any player in the 18U age category or below acting as a coach in the first and/or third base coach's box must wear a proper double ear flap helmet.

## 5.2. Playing Rules

The current year Official Rules of Baseball as prepared by Baseball Canada shall be used for all games, except as modified or interpreted herein. It is imperative to remember that these rules contain only the differences from the Official Rules of Baseball and, as such, are not a full listing of the rules. Official rulebooks are available from the BNS office, in limited supply. Rules in this section apply to all BNS sanctioned games. Please also note key differences between Bluenose League and Championships when participating in competition.

### 5.2.1. Fields

Must be properly lined and bases tied down or be of the "drop-in" type. Note: If the hosts refuse to prepare the baseball field to the playing standard, the umpires shall continue play and notify BNS of such refusal. The host may be subject to disciplinary action by BNS.

		<b>11U/12U Girls</b>	<b>13U/14U Girls</b>	<b>15U/18U Girls</b>
a	Distance between bases	60'	70'	80'
b	Pitching distance	44'	48'	54'
c	Batter's box	6' x 3'	6' x 4'	6' x 4'
d	Height of pitcher's mound	6"	6"	6"
e	Coaches box size	8' x 12'	8' x 12'	8' x 12'
f	Distance HP to backstop	25' – 40'	35' – 45'	40' – 50'
g	Distance HP to foul poles	180' – 200'	200' – 225'	225' – 240'
h	Distance HP to centre field	200' – 225'	225' – 260'	260' – 280'

- a), b), c) and e) are mandatory for all BNS sanctioned games.
- e) is optional for 11U and 13U.
- f), g) and h) are recommendations only.

### 5.2.2. Pitcher's Mound

An elevated pitcher's mound is not required for 11U/12U Girls and 13U/14U Girls but is required for 15U and above.

### 5.2.3. Baseballs

Baseball Nova Scotia has endorsed the following baseballs to be used during sanctioned events:

Division	Rawlings Ball
11U/12U Girls, all divisions	65 CC, RTD1, MB380*
13U/14U Girls, all divisions	65 CC, RTD1, MB380*
15U/18U Girls, all divisions	ROML, 80 CC, MB380*
18U, A & AA	ROML, 80 CC
18U, AAA & High School	ROML

22U, all divisions	ROML
Intermediate, all divisions	ROML
Senior	ROML

\*Cannot be used in Provincial Championships

#### 5.2.4. Footwear

Shoes with metal cleats are not permitted in 13U and below.

#### 5.2.5. Helmets

A CSA approved double earflap helmets, in good repair, are required to be properly worn by players while they are on deck, at bat and on the bases in all age categories. Form fitting helmets that do not have the attachment for a strap are permitted.

5.2.5.1 Chinstraps are optional.

5.2.5.2 A player whose name appears on the regular roster of a team registered in the Nova Scotia Senior Baseball League may individually choose to wear a single ear flap helmet that protects the ear that is exposed to the pitch from the batter's ready position.

5.2.5.3 The C.F.A.B rules require catchers in all age categories to wear CSA approved and properly fitted protective helmet and mask while catching.

Note: This includes practice and warm up situation such as the bullpen or between innings. Coaches must wear a CSA approved and properly fitted protective helmet and mask in all practice and warm-up situations, as well.

5.2.5.4 BNS does not permit defensive players (other than the catcher) to wear helmets without prior written permission of the BNS Executive.

5.2.5.4 Under no circumstances are cracked or damaged helmets to be used. The umpire has the authority to check all helmets and eject any that are deemed to be unfit.

5.2.5.6 For reasons of safety, no alterations are to be made to helmets (i.e. paint or stickers) unless written authorization from the manufacturer can be provided. (Constituents found in some paints can weaken the protective shell and stickers can hide the appearance of shell cracks. Use of a cracked helmet or one missing any of its shock absorbing foam will not be permitted).

#### 5.2.6. Bat Rule

5.2.6.1 11U - The bat shall be round and made of approved material and shall NOT be more than thirty-two (32) inches in length, or more than 2-3/4 inches in diameter at its thickest part. Bats may be taped to a distance not exceeding sixteen (16) inches from the handle.

5.2.6.2 13U - The bat shall be round and made of approved material ... it shall NOT be more than thirty-two (32) inches in length, nor more than 2-3/4 inches in diameter at its thickest part. Bats may be taped to a distance not exceeding sixteen (16) inches from the handle. The bat may have a maximum weight-length differential of minus (-)10.

5.2.6.2.1 Cupped Bats. An indentation in the end of the bat up to one inch in depth is permitted and may be no wider than two inches and no less than one inch in diameter. The indentation must be curved with no foreign substance added.

5.2.6.3 15U and 18U - In all levels (AAA, AA, A), aluminum BBCOR bats with a maximum weight-length differential of -3 are permitted. Wood bats, bamboo bats and wood composite bats will be also allowed (no maximum weight-length differentials for wood bats). Wood composite bats include wood bats with fiberglass sheathing and wood barreled bats with composite handles.

Note: Females playing on co-ed' teams at this level will be permitted to use BBCOR aluminum bats with a maximum weight-length differential of -5.

5.2.6.4 22U, Intermediate and Senior - In all levels (AAA, AA, A) only wood bats, bamboo bats and wood composite bats will be allowed. Wood composite bats include wood bats with fiberglass sheathing and wood barreled bats with composite handles. Wood composite bats do not include any bat that has any metallic component.

Note: Females playing on co-ed' teams at this level must adhere to rule 5.2.6.4. If the team consists of all female player's, they will be permitted to use an aluminum bat with a maximum weight-length differential of -5. There are no restrictions on wood bats.

5.2.6.5 Colored Bats - BNS permits the use of colored bats, but does prohibit any bat that, in the opinion of the umpires, discolors the ball. Any such bat shall be removed from the game.

### 5.2.7. Pitch Count Rules

Level	Daily Pitches (No Rest)	Daily Pitches (1 day rest)	Daily Pitches (2 days rest)	Daily Pitches (3 days rest)	Daily Pitches (4 days rest)	Daily Max
11U/12U Girls	1 - 25	26 - 40	41 - 55	56 - 65	66 - 75	75
13U/14U Girls	1 - 30	31 - 45	46 - 60	61 - 75	76 - 85	85
15U/18U Girls	1 - 35	36 - 50	51 - 65	66 - 80	81 - 95	95
18U	1 - 40	41 - 55	56 - 70	71 - 85	86 - 105	105
22U	1 - 45	46 - 60	61 - 75	76 - 90	91 - 115	115

5.2.7.1 A pitcher cannot pitch in 3 consecutive days UNLESS a pitcher's first 2 days combined does not exceed:

- 11U/12U Girls – 25 pitches
- 13U/14U Girls – 30 pitches
- 15U/18U Girls – 35 pitches
- 18U – 40 pitches
- 22U – 45 pitches

5.2.7.2 Pitchers will not be permitted to exceed the maximum daily allowable number of pitches in any two-day period.

5.2.7.3 A pitcher's combined 3-day pitch count cannot exceed:

- 11U/12U Girls - 105 pitches
- 13U Boys/14U Girls - 120 pitches
- 15U/18U Girls - 135 pitches
- 18U - 150 pitches

5.2.7.4 Pitch Counts will be used for all BNS sanctioned tournaments (Qualifications, Provincial, Atlantic's, Bluenose league play & National Eliminations).

5.2.7.5 Pitch Counts will be used in 11U,12U Girls, 13U, 14U Girls, 15U, 18U Girls, 18U & 22U at the A, AA & AAA levels.

5.2.7.6 Warm up pitches & throws to other bases should not be included in the Pitch Count.

5.2.7.7 Pitches thrown on a called balk count towards pitch count. If the pitch is not delivered, no pitch is recorded.

5.2.7.8 In all Baseball Nova Scotia sanctioned competitions, once a pitcher is about to throw the pitch which would lead him/her to reach any one of the pitch count thresholds and the coach wishes not to throw this pitcher past this threshold, the coach will call time and indicate to the umpire this would be the last batter. Once that at-bat is completed, the pitcher must be withdrawn and be credited with only throwing the limit of pitches for that particular threshold.

For example, in 15U, if a coach wants a pitcher to be withdrawn at 35 pitches, they will signal to the umpire prior to the throwing of the 35th pitch, "last batter".

Once the pitcher finishes that batter, he/she would be withdrawn from the game and credited with throwing 35 pitches even if they threw any additional pitches to retire the batter.

5.2.7.9 When the pitcher reaches their daily max, they may finish the batter.

5.2.7.10 Pitchers cannot pass the 1 day rest threshold in the first game of the day in order to pitch again that day.

Example: An 11U player throws 35 pitches in the first game of a doubleheader. They are not eligible to pitch in the second game, as they have passed the 25 pitch threshold which requires 1 days rest.

5.2.7.11 Should a pitcher throw under the daily threshold in their first game of the day, and pitches a second time that day, they must announce the last batter before the two-game total reaches the daily threshold.

Example: in 15U, a pitcher throws 20 pitches Saturday morning, and returns to pitch again in another game Saturday afternoon. If the coach wants to have the pitcher available for Sunday, the coach must announce the last batter before the pitcher throw pitch number 15 in game two (which would be 35 pitches on the day).

5.2.7.12 Calling last batter is only applicable to the daily pitch thresholds as defined in the Pitch Count chart. It cannot be called to stay under limits as it relates to two- and three- day thresholds.

Example: an 11U pitcher throws 25 pitches on day 1. Last batter can be called prior to the 26<sup>th</sup> pitch. If the pitcher throws on day 2, last batter CANNOT be called prior to pitch 15 on the day to stay under the two day threshold. Once the pitcher has thrown the 16<sup>th</sup> pitch to pass 40 pitches for the two days, the two day threshold has been passed and the pitcher would not be eligible to pitch again in the tournament.

5.2.7.13 Players who hit their two day limit in the first game of the day are not eligible to pitch for the rest of the day.

Example: an 11U pitcher throws 20 pitches on Friday. They throw 25 pitches in game 1 on Saturday. Since they've passed the 40 pitch threshold that requires two days rest, they are not eligible to pitch again that day.

5.2.7.14 For the purposes of recording pitch count in situations where a pitcher was removed in the first game of a day after the last batter is announced, the pitches thrown will reflect the exact number of pitches thrown in parenthesis.

Example: in 15U, the last batter is announced as a pitcher reaches their daily 35 pitch threshold. The pitcher throws 37 pitches to complete the batter. The pitches shall be recorded as 35 (37), and the pitcher would be eligible to pitch 58 pitches in game 2 that day.

5.2.7.15 Players playing in an older age division must abide by the Pitch Count rules for the age division they belong in.

Example: 13U eligible player pitching in 15U Provincials must abide by 13U pitch count rules.

5.2.7.16 Overage players must abide by the pitch count rules of the division they're pitching in.

Example: A 13 year old overage player playing 12U Girls must abide by the 12U Girls Pitch Count limits.

5.2.7.17 The Pitch Count Official must warn coaches of any pitcher reaching the daily minimum/maximum level of pitches.

5.2.7.18 Official Pitch Count sheets should be kept during each tournament to prove compliance. BNS will supply these Pitch Count sheets. Hosts must be able to produce these if requested by BNS. Any changes made to the official pitch count sheets (a corrected error), is to be struck through with a single line and the change initialed by both coaches.

5.2.7.19 If a team does not have any remaining players eligible to pitch in a game the opposing coach may designate a player who has yet to pitch in that game. This pitcher may not throw more than 30 pitches.

5.2.7.20 The total number of pitches thrown by an ambidextrous pitcher are counted for the purpose of calculating pitch count, regardless of which arm or combination there- of is throwing.

5.2.7.21 Once a player pitches, they cannot catch for the remainder of the day.

## 5.2.8. Pitch Tracking

5.2.8.1 It is the responsibility of the Official Pitch Counter to track the pitches/ innings pitched for all those participating. All information regarding this shall be recorded and made available to any team requesting the information. If there is any discrepancy between a team's total and that of the official scorer, the official Pitch Counter's information will take precedence and is NOT subject

to appeal. In the absence of an official scorer, the tournament chairman shall record the pitches/innings pitched by all pitchers and provide this information as requested.

### 5.2.9. Pitch Count & Suspended Games

5.2.9.1 When a game is stopped by inclement weather or for any reason other than a mercy rule, that specific game has to be resumed at the point of stoppage. If Pitcher "A" is the starting pitcher of a game and has a pitch count below the first threshold, Pitcher "A" can then be used as a pitcher again for that particular game but considering he will be carrying the number of pitches thrown when the game stopped. This applies for a game that is resumed on the same day or on the next day.

Example: if Pitcher "A" threw 30 pitches at 15U Nationals, he will then be allowed to throw a maximum of 65 pitches when the game resumes. If Pitcher "A" had thrown 36 pitches when the rain started, he would not be eligible to pitch if that game is re-scheduled for the next day as he needs his full day of rest. If the game is resumed during the same day, he can then come back as pitcher while carrying his pitches.

### 5.2.10. Pitch Count Violations

5.2.10.1 If there is an alleged violation of the pitching restrictions, the onus is on the official scorer or, in their absence, the opposing manager to bring the matter to the attention of the team at fault through the umpires. Only once the team has been informed of the violation or the impending potential for violation, the team is then responsible to ensure that the rules regarding pitching restrictions are followed. If after this point, the team continues to violate these rules, the team shall immediately forfeit the game.

5.2.10.2 If a violation is found after it occurs in Bluenose League play, Pitch Count Violations should be reported to BNS. Upon further investigation, should it be determined that violation occurred, a formal warning will be issued to the Head Coach. Should the Head Coach violate a pitch count rule a second time, a one (1) game suspension will be issued. Should the Head Coach violate a pitch count rule a third time, a five (5) game suspension will be issued. Should the Head Coach violate a pitch count rule a fourth time, the coach will be issued a year long suspension.

5.2.10.3 If a violation is found after it occurs in Championship play, Pitch Count violations should be reported to BNS. Upon further investigation, should it be determined that a violation occurred, a formal warning will be issued to the Head Coach and the team will have five defensive runs added to any tie break calculation in round robin play. The violation must be reported prior to calculations being completed for playoff seeding. Should the Head Coach violate a pitch count rule a second time in the same event, they will be suspended for the remainder of the event and issued an additional one (1) game suspension. Prior warnings or suspensions in the Bluenose League shall carry over to Championship events.

## 5.3. Line Ups and Player Removal

5.3.1 In divisions where everyone bats, if a player is removed from the game due to injury, illness or official ejection, the player's spot in the batting order shall be deleted. In the event a batter must be removed due to injury, official ejection, or has to leave for any reason during the time at

bat, the next batter in the batting order shall come to bat assuming the balls and strikes count at the time the batter is removed. If the batter becomes an out, such batter shall then take his/her regular turn at bat.

5.3.2 A courtesy runner may be used for a player who has, before the game, declared a health issue (with medical documentation) to the opposing coach and umpire. A batter, after hitting the ball, must reach at least first base on his or her own. Once play has stopped the batter who just became a runner may be replaced by the last offensive player declared out.

5.3.3 Line-ups shall be exchanged at the plate meeting prior to the commencement of the game. All players should be listed on the line-up card.

5.3.4 If a player is left off the line-up in error or shows up late, they are to be placed at the bottom of the lineup (18U AA and below) or list of substitutions (18U AAA and above).

5.3.5 If a player misses their turn in the batting line up due to being late, the coach may have the option of taking an out or removing the player from the line up.

5.3.6 Players on the line up card that are considered under-age for the division they are playing in (call up or full-time rostered player) must be denoted with a 'UA' to signify their age. This denotes players that must abide by Pitch Count rules for a younger age division.

## 6. Team Conduct & Discipline

### 6.1. Team Conduct

While at any tournament conducted by Baseball Nova Scotia or at any tournament where the team is representing the province of Nova Scotia, the team must conduct itself in a manner that is in the best interest of baseball in our province.

6.1.1 Teams that cause vandalism or other intentional damage to properties may be subject to further discipline from the BNS Executive.

6.1.2 Teams that willingly leave a tournament early or who fail to appear for a tournament without permission of the tournament chairperson, or who withdraw from a tournament within the 5 days immediately prior to a tournament may be fined \$500.00 and suspended until such fine has been paid. Where the host association incurs costs, the host association may claim from BNS, receipted expenses to a maximum of \$200.00.

6.1.3 In the case of minor division teams, the adults involved with the team (general manager and coaches) shall be held responsible for the team's actions.

### 6.2. Umpire Conduct

Umpires must also conduct themselves in a manner that is in the best interest of baseball in our Province. Umpires who fail to do so shall be disciplined by the BNSUD according to its discipline policy.

### 6.3. Discipline Grid

Type of Offense	Offender	1 <sup>st</sup> Offence	2 <sup>nd</sup> offence	3 <sup>rd</sup> Offence
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Intentional throwing at batter in the head area (no Warnings Issued)	Pitcher	Ejection from the current game, plus application of intent to injury Penalty. (Five (5) games)	Ejection from the current game, plus next five (5) games scheduled, plus application of intent to injury Penalty. (Ten (10) games)	Suspended one (1) Calendar year from the first day of ejection.
Intentional throwing at batter in the head area (no Warnings Issued)	Head Coach / Manager	Ejection from current game	Ejection from current game	Ejection from current game
Intentional throwing at batter in the head area (Warnings Issued)	Pitcher	Ejection from the current game, plus application of intent to injury Penalty. (Five (5) games)	Ejection from the current game, plus next five (5) games scheduled, plus application of intent to injury Penalty. (Ten (10) games)	Suspended one (1) Calendar year from the first day of ejection.
Intentional throwing at batter in the head area (Warnings Issued)	Head Coach / Manager	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.	Suspended one (1) Calendar year from the first day of ejection.
Intentional throwing at batter (No Warnings Issued)	Pitcher	Ejection from the current game, plus the next three (3) games scheduled. Intent to injury penalty may apply in this situation.	Ejection from the current game, plus the next five (5) games scheduled. Intent to injury penalty may apply in this situation.	Suspended one (1) Calendar year from the first day of ejection.
Intentional throwing at batter (No Warnings Issued)	Head Coach / Manager	Ejection from current game	Ejection from current game	Ejection from current game
Intentional throwing at batter (Warnings Issued)	Pitcher	Ejection from the current game, plus the next three (3) games scheduled. Intent to injury penalty may apply in this situation.	Ejection from the current game, plus the next five (5) games scheduled. Intent to injury penalty may apply in this situation.	Suspended one (1) Calendar year from the first day of ejection.
Intentional throwing at batter (Warnings Issued)	Head Coach / Manager	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.	Suspended one (1) Calendar year from the first day of ejection.

Charging the mound (not fighting)	Player / Coach / Manager or Team Personnel	Ejection from the Current game, plus the next game the team plays. Penalty for Actions causing benches to empty may apply.	Ejection from the Current game, plus the next three (3) games the team plays. Penalty for Actions causing benches to empty may apply.	Ejection from the Current game, plus the next five (5) games the team plays. Penalty for Actions causing benches to empty may apply.
Charging the mound (fighting)	Player / Coach / Manager or Team Personnel	Ejection from the current game, plus the next three (3) games the team plays. Penalties for actions causing the benches to empty and / or aggressive fighting - intent to injure may apply)	Ejection from the current game, plus the next ten (10) games the team plays. Penalties for actions causing the benches to empty and/ or aggressive fighting - intent to injure may apply)	Suspended one (1) Calendar year from the first day of ejection.
Fighting (shoving or fighting)	Player / Coach / Manager or Team Personnel	Ejection from the current game, plus the next three (3) games the team plays. Penalties for actions causing the benches to empty and / or aggressive fighting - intent to injure may apply)	Ejection from the current game, plus the next ten (10) games the team plays. Penalties for actions causing the benches to empty and/ or aggressive fighting - intent to injure may apply)	Suspended one (1) Calendar year from the first day of ejection.
Fighting (aggressive fighting - intent to injure)	Player / Coach / Manager or Team Personnel	Five (5) game Suspension in addition to any other penalties assessed.	Ten (10) game Suspension in addition to any other penalties assessed.	Suspended one (1) Calendar year from the first day of ejection.
Intent to injure	Player / Coach / Manager or Team Personnel	Five (5) game Suspension in addition to any other penalties assessed.	Ten (10) game Suspension in addition to any other penalties assessed.	Suspended one (1) Calendar year from the first day of ejection.
Throwing equipment / debris in opponents Direction	Player / Coach / Manager or Team Personnel	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.	Ten (10) game Suspension in addition to any other penalties assessed.
Actions causing benches to empty	Player / Coach / Manager or Team Personnel	Three (3) game Suspension in addition to any other penalties assessed.	Five (5) game Suspension in addition to any other penalties assessed.	Ten (10) game Suspension in addition to any other penalties assessed.

Actions during bench clearing (not physical Violence)	Player / Coach / Manager or Team Personnel	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.	Ten (10) game Suspension in addition to any other penalties assessed.
Actions during bench clearing (physical Violence)	Player / Coach / Manager or Team Personnel	Ejection from the current game, plus the next game the team plays. Penalties for actions causing the benches to empty and / or aggressive fighting - intent to injure may apply)	Ejection from the current game, plus the next five (5) games the team plays. Penalties for actions causing the benches to empty and / or aggressive fighting - intent to injure may apply)	Ejection from the current game, plus the next ten (10) game Suspension. Penalties for actions causing the benches to empty and / or aggressive fighting - intent to injure may apply)
Leaving position to participate in a fight	Player / Coach / Manager or Team Personnel	Ejection from the current game, plus the next game the team plays. Penalties for actions causing the benches to empty and / or aggressive fighting - intent to injure may apply)	Ejection from the current game, plus the next five (5) games the team plays. Penalties for actions causing the benches to empty and / or aggressive fighting - intent to injure may apply)	Ejection from the current game, plus the next ten (10) game Suspension. Penalties for actions causing the benches to empty and / or aggressive fighting - intent to injure may apply)
Inappropriate gestures at an umpire	Player / Coach / Manager or Team Personnel	Ejection from current game	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.
Inappropriate comments directed at an umpire (prior / during / post game)	Player / Coach / Manager or Team Personnel	Ejection from current game	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.
Violently throwing equipment	Player / Coach / Manager or Team Personnel	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.	Ejection from the current game, plus the next ten (10) games the team plays.
Restrained from confronting umpire / player	Player / Coach / Manager or Team Personnel	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.	Ejection from the current game, plus the next ten (10) games the team plays.

Throwing equipment / debris in umpires direction	Player / Coach / Manager or Team Personnel	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.	Ejection from the current game, plus the next ten (10) games the team plays.
Verbal abuse / bench jockeying - Actions words directed or in directed towards an opponent or umpire for the purposes of (Not limited to) embarrassment, bullying, taunting and baiting	Player / Coach / Manager or Team Personnel	Ejection from current game	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.
Verbal abuse / bench jockeying - Actions words directed or in directed towards an opponent or umpire for the purposes of (Not limited to) embarrassment, bullying, taunting and baiting (Warnings issued)	Head Coach / Manager	Ejection from current game	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.
Verbal Abuse - balls / strikes / safe / out / balks	Player / Coach / Manager or Team Personnel	Ejection from current game	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.
Prolonged arguing after point of ejection	Player / Coach / Manager or Team Personnel	An additional one (1) game suspension to be added to any other penalties assessed.	An additional three (3) game suspension to be added to any other penalties assessed.	An additional five (5) game suspension to be added to any other penalties assessed.
Threatening an umpire, before, during or after a game. (I.E. ((not limited to)) "I will get you after the game", "see you in the parking lot", "You'll get yours")	Player / Coach / Manager or Team Personnel	Ejection from current game, plus the next three (3) games the team plays. Additional penalties may apply.	Ejection from the current game, plus the next fifteen (15) games the team plays. Additional penalties may apply.	Suspended one (1) Calendar year from the first day of ejection.

Threatening an opponent , before, during or after a game. (I.E. ((not limited to)) "I will get you after the game", "see you in the parking lot", "You'll get yours")	Player / Coach / Manager or Team Personnel	Ejection from current game, plus the next three (3) games the team plays. Additional penalties may apply.	Ejection from the current game, plus the next fifteen (15) games the team plays. Additional penalties may apply.	Suspended one (1) Calendar year from the first day of ejection.
Threatening an spectator before, during or after a game. (I.E. ((not limited to)) "I will get you after the game", "see you in the parking lot", "You'll get yours")	Player / Coach / Manager or Team Personnel	Ejection from current game, plus the next three (3) games the team plays. Additional penalties may apply.	Ejection from the current game, plus the next fifteen (15) games the team plays. Additional penalties may apply.	Suspended one (1) Calendar year from the first day of ejection.
Not leaving dugout after ejection	Player / Coach / Manager or Team Personnel	An additional one (1) game suspension to be added to any other penalties assessed.	An additional one (1) game suspension to be added to any other penalties assessed.	An additional Five (5) game suspension to be added to any other penalties assessed.
Returning to playing field / dugout after an ejection	Player / Coach / Manager or Team Personnel	An additional one (1) game suspension to be added to any other penalties assessed.	An additional Five (5) game suspension to be added to any other penalties assessed.	Suspended one (1) Calendar year from the first day of ejection.
Returning to playing field / dugout after an ejection - participation in fight or bench clear	Player / Coach / Manager or Team Personnel	An additional three (3) game suspension to be added to any other penalties assessed.	An additional five (5) game suspension to be added to any other penalties assessed.	Suspended one (1) Calendar year from the first day of ejection.
Causing a forfeit game	Player / Coach / Manager or Team Personnel	An additional one (1) game suspension to be added to any other penalties assessed.	An additional one (1) game suspension to be added to any other penalties assessed.	An additional one (1) game suspension to be added to any other penalties assessed.
Contact rule (Non Intent to Injure)	Player	Ejection from the current game	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next three (3) games the team plays.
Contact rule (Intent to injure)	Player	Ejection from the current game, plus application of intent to injury Penalty. (Five (5) games)	Ejection from the current game, plus the next three (3) games schedule and application of Intent to injury Penalty. (Three (3) games second	Suspended one (1) Calendar year from the first day of ejection.

			offense + five (5) games intent to injure)	
Ejection for tobacco use (includes smokeless and e-cigarettes)	Player / Coach / Manager or Team Personnel	Ejection from the current game	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next three (3) games the team plays.
Ejection for alcohol during a game.	Player / Coach / Manager or Team Personnel	Ejection from the current game	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next three (3) games the team plays.
Throwing equipment/debris onto field from dugout	Player / Coach / Manager or Team Personnel	Ejection from the current game, plus the next three (3) games the team plays.	Ejection from the current game, plus the next five (5) games the team plays.	Suspended one (1) Calendar year from the first day of ejection.
Contacting an umpire (intentionally or by accident non violent)	Player / Coach / Manager or Team Personnel	Ejection from the current game, plus the next six (6) games the team plays.	Suspended one (1) Calendar year from the first day of ejection.	Suspended for five (5) Calendar years from date of second offense.
Contacting an umpire (Physical contact by bumping, pushing, tripping, punching, shoving, spitting on, or striking an umpire with equipment / debris)	Player / Coach / Manager or Team Personnel	Ejection from the current game, plus the next fifteen (15) games the team plays.	Suspended one (1) Calendar year from the first day of ejection.	Suspended for Life.
Use of altered bat	Player	Ejection from the current game.	Ejection from the current game, plus the next one (1) game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.
Foreign substance / doctored baseball	Player	Ejection from the current game.	Ejection from the current game, plus the next one (1) game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.
Team playing an ineligible player, Suspended or player not on official roster	Team	Loss of game and removal of any medals from team	Loss of game and removal of any medals from team.	

Team playing an ineligible player, Suspended or player not on official roster	Head Coach / Manager	Two (2) game suspension	Ejection for one (1) Calendar year from the first day of ejection.	
Displaying bad sportsmanship (not specifically covered by this policy)	Player / Coach / Manager or Team Personnel	Ejection from the current game, plus the next game the team plays.	Ejection from the current game, plus the next five (5) games the team plays.	Suspended one (1) Calendar year from the first day of ejection.
Abuse by an Umpire on a player or coach	Investigation hearing by BNSUD			
Verbal or non-verbal gestures used that violate the UCCMS and its definition of Psychological Maltreatment, including derogatory comments related to one's identity (e.g. race, gender identity or expression, ethnicity, Indigeneity, disability) . For more information on the UCCMS: <a href="https://sportintegrity.commissioner.ca/files/UCCMS-v6.0-20220531.pdf">https://sportintegrity.commissioner.ca/files/UCCMS-v6.0-20220531.pdf</a>	Player/ Coach/ Manager/ Team Personnel	Ejection from the current game, plus the next three (3) games the team plays.  Incident will be subject to further investigation and potential penalties by BNS). Prior to the final resolution of an alleged violation of the UCCMS, temporary or provisional measures may be imposed.	Ejection from the current game, plus the next ten (10) games the team plays.  Incident will be subject to further investigation and potential penalties by BNS). Prior to the final resolution of an alleged violation of the UCCMS, temporary or provisional measures may be imposed.	Suspended one (1) calendar year from the first day of ejection.  Incident will be subject to further investigation and potential penalties by BNS). Prior to the final resolution of an alleged violation of the UCCMS, temporary or provisional measures may be imposed.

## 6.4. Sanction Information

6.4.1 All penalties to take effect immediately.

6.4.2 All penalized persons have the right to appeal through the BNS. An official notice of appeal, with a \$100 bond, must be received within seven (7) days of the notification of suspension. An official notice must include a written statement outlining the reasoning for the appeal, accompanied by supporting documentation or witness statements. Written statements of appeal and accompanying documentation will be provided to an independent appeals committee (outside of BNS office staff.)

6.4.3 All penalties are considered per season except for those otherwise stated.

6.4.4 Any suspension issued and not served in the playing year will be held over until the following season. It is the responsibility of the team's coach to make sure all suspensions are enforced. A record of all games played after the suspension is announced must be made available to BNS on request.

6.4.5 Suspensions may be served in any recognised BNS competition. Suspensions can be served during Bluenose League, Provincial Championships, Provincial Qualifiers, National Eliminations, National Championships, approved recreational league play with a member association, or approved association tournaments (in Nova Scotia, or a recognized partner Provincial Baseball Organization).

6.4.6 Credit for games served during a suspension will not be given for exhibition games (regardless of BNS affiliation), or non-sanctioned BNS games (high school, Little League, university, etc.). The individual will be indefinitely suspended for exhibition play until the penalty can be served in a recognized BNS competition described in 6.4.5.

6.4.7 Suspensions must be served with the team where the infraction took place. Should the suspended individual coach or play on multiple teams, they will be indefinitely suspended from participating in activities with those teams until the suspension is served with the team where the infraction took place. Should a suspension carry into the following year and the individual be registered with a new team, BNS is to be contacted to approve the new recognized team for which the suspension will be served.

6.4.8 BNS reserves the right to indefinitely suspend members should the incident or infraction in question be deemed to be of a serious nature or directly violate Safe Sport principles. Such suspensions shall remain indefinite until a final sanction be determined. Indefinite suspensions shall remain in place during the Appeals process.

6.4.9 Sanctions shall include all activities on the field during the game, including warm-up, or other team activities. Presence on the bench before, during, and after the game is not permitted. There are no restrictions on being in the area surrounding the facility, like the stands (unless otherwise stated in the suspension notice).

6.4.10 Infractions that occur off the field of play (pre or post game and at the facility) may be subject to further discipline upon investigation. Including, but limited to, abuse of an umpire in the parking lot or change area.

6.4.11 If an on-field incident is reported, upon further investigation, the Discipline Grid may be used to issue suspensions even if no ejection occurred.

## 6.5. Green Arm Band Initiative

6.5.1 Umpires under the age of 18 will be identified by Green Arm Bands.

6.5.2 Ejections involving umpires with a Green Arm Band will result in an automatic one (1) game suspension.

6.5.3 Should the ejection occur in the first game of a doubleheader, or in a tournament, the suspension shall be served immediately even without official communication from BNS.

6.5.4 Regular discipline penalties apply (per 6.3 Discipline Grid) but an additional one (1) game will be added to all suspensions issued involving umpires with a Green Arm Band.

6.5.5 Any individual issued a second ejection involving an umpire with a Green Arm Band will receive an automatic five (5) game suspension and be required to take the Safe Sport Online Module (even if previously completed). Proof of completion must be provided prior to returning to competition. Ejection reports will carry over from year to year.

6.5.6 Any individual issued a third ejection involving an umpire with a Green Arm Band will receive an automatic ten (10) game suspension. Ejection reports will carry over from year to year.

6.5.7 Green Arm Band penalties will be applied in all situations where there's an identified Green Arm Band umpire on the field, regardless if the interaction resulting in the ejection involved that umpire.

## 6.6. Fan Behaviour

6.6.1 Fan behaviour will be the responsibility of the team and association to monitor.

6.6.2 Should an umpire deem a fan's behaviour to be inappropriate, they will request the assistance of the coach of the offending side to cease the behaviour of the fan.

6.6.3 Should the coach not comply and/or the behaviour of the fan continue, the umpire may ask the fan to leave the immediate vicinity of the field. The immediate vicinity will be considered within approximately one hundred (100 feet) of the field.

6.6.4 Should the fan refuse to vacate the immediate vicinity of the field within two minutes, the game shall be called a forfeit. This will also apply should the fan vacate the vicinity of the field, but continue to shout or be disruptive to the game.

6.6.5 Reported offences may be communicated to the BNS office via umpire reports, opposing teams, or other independent observers.

6.6.6 Following a reported instance of unsportsmanlike conduct occurring by fans, the following actions will accompany the offence frequency:

- 1st reported offence - written notice to the association and team contact that complaints were received stemming from conduct of spectators associated with team, such as family, friends, or coaches. It will be the responsibility of the association and team to address the complaint and behavior to ensure there are no further incidences.
- 2nd reported offence - should the same group be reported for their conduct at the field, the association and team must identify the individuals responsible for the inappropriate behavior. Those individuals will face further sanctions from BNS. Should the incident be considered of a serious nature, temporary team suspension from the Bluenose League may be explored.
- 3rd reported offence - the BNS Executive will review the status of the team in question. Penalties may include removal from the Bluenose League and Provincial Championships. Reinstatement would not be considered until the association and team can exhibit that measures have been undertaken to address the reported behaviors.

6.6.7 BNS reserves the right to impose further penalties dependent on the severity of the reported offence.

## Appendix A - BNSUD Umpires Rates & Fees

The following information will be used for all Baseball Nova Scotia sanctioned tournaments including National Eliminations, Provincial Qualifications and Provincial Championships

### Game Fees

Division	Plate Umpire	Base Umpire	Total Cost/Game
11U/12U Girls	\$40.00	\$30.00	\$70.00
13U/14U Girls	\$40.00	\$30.00	\$70.00
15U/18U Girls	\$55.00	\$45.00	\$100.00
18U	\$65.00	\$55.00	\$120.00
22U	\$65.00	\$55.00	\$120.00
Intermediate	\$65.00	\$55.00	\$120.00

### Travel

0 to 20km - \$0.00

21km to 35km - \$15.00 flat rate\*

36+km - \$0.54/km

*\*Need to cross a BNS regional border*

When assigning umpires all efforts will be made to limit travel expenses, however this will not be possible in all cases. Umpires and assignors must work together to come up with carpool opportunities. If umpires are brought in from different areas, carpooling may not be possible and travel is to be paid accordingly (per above grid).

### Hotels

Travel must exceed 300km round trip and the umpire must be assigned on two consecutive days or all three days of a tournament. Hotels will not be provided for umpires working only the 1<sup>st</sup> day of an event and the last day of the event with no games scheduled on the 2<sup>nd</sup> day of the event. Hotels must be arranged for with the tournament host.

### Per Diems

To be eligible for a per diem, the umpire must first be eligible for a travel fee. Once eligible, the umpire would be paid based on the "meal" times missed - Breakfast, Lunch and Dinner. To be eligible for the full day per diem, the umpire must umpire multiple games in a day over multiple mealtimes and/ or being staying in a hotel. Per diems may be based on game and travel times. Per diems are not to be paid for single game assignments. If an umpire works three games in a day, a full day per diem is to be paid **regardless of travel fee eligibility.**

Breakfast - \$15.00

Lunch - \$20.00

Dinner - \$30.00

Full Day - \$65.00

### **Assigning Fees.**

Assigning fees are to be built into the cost of a tournament and the assignor will be designated by BNSUD. The expectation is that the assignor follows the guidelines set out by BNSUD and is available for the length of the tournament to handle rescheduling situations.

# Teams	# Games	Total Fee
3	7	\$35.00
4	8	\$40.00
5	12	\$60.00
6	12	\$60.00
7	13	\$65.00
8	15	\$75.00
9	18	\$90.00
10+	25	\$125.00

Examples:

Umpire assigned to umpire a double header starting at 10am of a tournament

Travel	28km one way	\$15.00
Hotel		n/a
Per Diem	Lunch only	\$20.00
Total		\$35.00

Umpire assigned to umpire a tournament 350km round trip away – Friday, Saturday and Sunday

Travel	350km	\$189.00
Hotel		YES
Per Diem	Full day x 3	\$195.00
Total		\$384.00

Umpire assigned to umpire a single game starting at 10am of a tournament

Travel	28km one way	\$15.00
Hotel		n/a
Per Diem	No meals	\$0.00
Total		\$15.00