



Operating Rules

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1. Index of Latest Revisions

April 2019

March 2018

February 2014

Update document to Baseball Saskatchewan

Update document to Baseball Canada

Revision 2.7

Revision 2.10.2

Revision 2.10.3

Revision 2.10.6.3

Revision 2.10.8.1

Revision 2.15

Revision 2.18

Revision 3.3

Revision 3.12.3

Revision 3.20

Revision 5 (Pre-amble)

Revision 5.1

Deletion 5.3.2

Addition 5.9.7

Deletion 5.11

Addition 5.11

Revision 6.5.1

Revision 6.10

Revision 6.11

Revision 6.12

Revision 7.6

Addition 7.10

Revision 8.7

Revision 9.6

Revision Appendix A

Revision Appendix C

Revision Appendix D

February 2012

Terminology changed to Rally Cap

Revision of 2.10.8.1

5 – Addition of Note

Deleted 6.10.1

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Revision of 6.10

Revision of 6.11

Addition of 6.12

Revision Appendix A

Addition Appendix D

January 2011

Deletion of 2.10.2

Revision of 2.10.2

Revision of 2.10.3

Revision of 2.10.5.1

Revision of 2.10.6.2

Revision of 2.13

Revision of 3.3

Addition of 3.7

Revision of 4.4

Deletion of 4.5

Deletion of 4.6

Addition of 4.6

Revision of 4.7

Addition of 4.10

Revision of 4.11

Addition of 4.16

Revision of 4.19

Revision of 4.22

Deletion of 7.9

Addition of Section 9 Midget

Addition of Appendix A

Addition of Appendix B

Addition of Appendix C

2. Organizational Rules - General

- 1 Baseball Regina and all Leagues shall be governed by the Baseball Saskatchewan Association (SBA) and Baseball Canada rules and regulations unless otherwise provided.
- 2 The fees will be assessed by the Board of Directors after the Treasurer has prepared a budget for the upcoming season.
- 3 Players may only register for one team.
- 4 Only players registered with Baseball Regina may participate in evaluations, tryouts, practices, and scheduled league, tournament or exhibition games.
- 5 Team rosters in all Divisions must carry a minimum of **11** and a maximum of 16 players for the season unless prior permission has been received from their BASEBALL REGINA Division Director to carry fewer or greater than this number. The final number will be decided at the draft table by the Division Director. The only exception to this rule shall be the Rally Cap Division (Junior and Senior) which may have teams of less than 12 players as determined by the Division Director.
- 6 A final roster must be established by Baseball Saskatchewan registration day. Prior to this date a player may be added or deleted.
- 7 The Baseball Regina Board of Directors will determine each year the process to be used to conduct evaluations and to establish the number of teams at the AAA, AA and A level based on player registrations in each given year.
- 8 Players registering with BASEBALL REGINA may be required to produce a birth certificate and/or proof of address which would accompany the registration form. After the SBA registration day, only those players properly registered with BASEBALL REGINA and the SBA may participate in BASEBALL REGINA scheduled games and BASEBALL REGINA sanctioned tournament games.
- 9 A player's team shall be determined in the following manner:
 - 9.1 In Rally Cap Divisions, zones will be determined each year prior to team selection process according to the floating zone methodology, friend request and school attendance (balanced numbers). **11U AAA, 11U AA, 13U AAA, 13U AA, 15U AAA, 15U AA and 15U A, and 18U teams will be drafted on a city wide basis.**
 - 9.2 The Baseball Regina Board of Directors will determine each year the process to be used to conduct the **11U AAA, 11U AA, 13U AAA, 13U AA, 15U AAA, 15U AA, 15U A and 18U** drafts.
 - 9.3 The following applies to special requests for team placements:

- 9.3.1 Requests to play with a specific player will only be considered in Rally Cap or the **11U and 13U** “A” divisions.
- 9.3.2 The Baseball Regina Board shall make all decisions on specials requests.
- 9.3.3 The decisions of the Baseball Regina Board with respect to special requests are final.
- 9.3.4 Allowable special requests are only valid for one season. Players must reapply each year.
- 9.4 The following applies to out of zone players (i.e. players living outside the city limits of Regina – which constitutes the Zone 2 boundary) wishing to play on Baseball Regina teams:
 - 9.4.1 The process for obtaining approval to play in Regina is as follows:
 - 9.4.1.1 the player must first request and obtain a written release from the SBA through the SBA Zone Governor where the player resides and to Baseball Saskatchewan for the Zone in which they reside;
 - 9.4.1.2 the player must then forward a copy of the release to the Zone Two Governor and to Baseball Saskatchewan along with confirmation of their age, permanent address and reason for requesting to play in Regina; and
 - 9.4.1.3 all releases should be forwarded to the Zone Two Governor and Baseball Saskatchewan by February 15 for Midget and March 1st for all other divisions of each year.
 - 9.4.2 Upon receipt of the release, the Baseball Regina Board will confirm placement.
 - 9.4.3 The Board will consider the following factors when determining the placement of out of town players:
 - 9.4.3.1 If the player doesn't have a comparable team to play in the home zone.
 - 9.4.3.2 The out of town player's geographic proximity to practice and playing locations.
 - 9.4.4 Placements of out of zone players on Baseball Regina teams are only valid for one (1) season. Players must reapply each year.
- 9.5 The eligibility of players in dispute shall be determined prior to the Baseball Saskatchewan Association registration day, by the BASEBALL REGINA Board of Directors.

- 9.6 All players must play within the division specified for their year of birth, except for the following exceptions:
- 9.6.1 Players in their first year of **11U** may be allowed to stay in Senior Rally Cap based on their parent's &/or Division Director's opinion.
 - 9.6.2 Female players may, at the discretion of the Division Director of the division their birth date would put them in, be allowed to play one year below their birth year, but may not play at an AAA level. (i.e. a female player who would be first year **13U** may play in the **11U** AA or A Division.)
 - 9.6.3 Any other exceptions to the above must be specifically approved by the Baseball Regina Board of Directors.
- 10 BASEBALL REGINA shall advertise, receive applications for and select the coach for every team in every division.
- 10.1 A Coaching Selection Committee, which will include the Division Directors, shall be formed for each age division to make all coaching selections for each season. The Coaching Selection Committee should consist of a minimum of three members and shall not be related by marriage or blood.
 - 10.2 Each Coaching Selection Committee shall make coaching selection recommendations based on criteria and guidelines as established by the Board of Directors.
 - 10.3 Each Division Director shall present their coaching selection recommendations to the Baseball Regina Board of Directors for approval.
- 11 Each team will consist of one coach, a minimum of one assistant coach and one manager/treasurer. The manager/treasurer should be elected by the parents from the parent group and should not be one of the coaching staff.
- 12 In the event that the team has non-parent coaches, the team shall be required to cover expenses as stated in the "Minimum Recommended Guidelines for Non-Parent Coach Expenses" (see Appendix A). It shall be the manager/treasurer's responsibility to ensure the team budget is developed to cover these expenses..
- 13 All teams shall account for all money used and spent on their team's behalf and submit a Financial Statement for their operation to the parents or guardians of their team by October 1st of the current year. A copy of such Statements must be provided to BASEBALL REGINA upon request.
- 14 Coaches must see that all players participate on a fair and equitable basis. Coaches deemed by BASEBALL REGINA to have not followed the minimum play rules for their division are subject to a one game suspension for their first violation to be served the first game after notification of such suspension. Subsequent violations will result in further suspensions.

- 15 Practices after tryouts must be arranged by the coach.
- 16 Players must wear BASEBALL REGINA assigned uniforms for BASEBALL REGINA scheduled league games, league tournaments and SBA Provincials. In the event a second jersey is used it shall have the Baseball Regina logo on it.
- 17 If a team does not have nine (9) or more players available for a league game or a league play-off game, substitute players may be called up from a lower level of the same division or from a lower division to fill the roster. Coaches of the lower level team **MUST** be contacted to request permission to call up a player. **Players called up may not pitch or catch.**
- 18 Teams cannot call up a player from a lower division unless they have one or more players missing from their regular roster.
- 19 All coaches must submit an original criminal record check (CRC) to the Baseball Regina Executive Director by May 15. Failure to submit a CRC will result in the coach(s) being ineligible to coach any further in the season until they submit one.
- 20 All coaches shall be in uniform and wearing baseball pants.
- 21 All **11U** games shall use Rawlings 80cc baseballs. All **13U** and **15U** games shall use Rawlings ROML baseballs.

3. Associate (Out of Town) Rules -

- 1 Associate teams will sign the Associate membership each year.
- 2 For Rally Cap divisions the following travel distances shall be used to determine the guidelines for allowing out of town affiliate teams home games in the Baseball Regina league:
 - 2.1 Junior Rally Cap – out of town teams within 35 km of Regina
 - 2.2 Senior Rally Cap – out of town teams within 50 km of Regina
- 3 For **11U**, **13U**, and **15U** divisions the following approximate travel distances shall be used to determine the guidelines for allowing out of town affiliate teams home games in the Baseball Regina league. (**18U AA and AAA** Travel guidelines are dictated by the Saskatchewan Premier Baseball League, which also follows an ascending distance)
 - 3.1 “A” level – out of town teams within 50 km of Regina
 - 3.2 “AA” level – **11U** out of town teams within 100 km of Regina; **13U** and **15U** out of town teams within 120 km of Regina
 - 3.3 “AAA” level – no limits
 - 3.4 Exceptions to the above guidelines must be approved by the Baseball Regina Board of Directors.
- 4 Out of town teams will follow Baseball Regina team formation formula when forming multiple teams within one division.
- 5 During all league games, associate teams are bound by the rules of Baseball Regina.
- 6 Coaches, players and spectators of associate teams are under the Baseball Regina Code of Conduct.
- 7 Out of town teams may request permission of Baseball Regina to use overage player(s) to have enough players to form a team. These players can only be one year over division age and cannot pitch or catch and the opposing coach must be made aware of the overage player. **The team can only use three overage players in a game.** (This restriction does not apply to female overage players – see 2.10.8.2)

4 Game Rules - General

- 1 All league games shall be governed by the Baseball Saskatchewan Association (SBA) and Baseball Canada rules and regulations unless otherwise provided.
- 2 A coach, assistant coach, manager, parent, sibling or player of a team shall not officiate in a Baseball Regina game (in or out of Regina) that is in the same Division and Level as their child, sibling or player's team except in the case of an emergency and with consent of both coaches.
- 3 Coaches shall clearly print names and numbers on score sheets which shall be exchanged at the home plate meeting prior to the start of every game. Coaches are responsible for correctly completing game sheets.
- 4 Any player or coach ejected from a game shall immediately move to an area designated by the umpire. This ejection will be dealt with according to the Baseball Regina's Code of Conduct (see Appendix B) and Code of Discipline (see Appendix C) and may result in suspension.
- 5 All protests must be submitted in writing by email to the President of Baseball Regina within 48 hours of the action in question. The BASEBALL REGINA Protest Committee, which is to be formed by the President of BASEBALL REGINA, will make a ruling on all protests.
- 6 Baseball Regina reminds all coaches that it follows the Canada Baseball Rules which states: THAT the use of all tobacco products, including smokeless tobacco **and vaping**, by all on-field participants (players, coaches, managers, umpires etc.) be prohibited at all competitions sanctioned by Baseball Canada, PENALTY: Automatic ejection from the game.
- 7 Coaches are responsible for the conduct and discipline of both players and fans and may impose reasonable sanctions. This can include sanctions for missing practices or games.
- 8 Starting time for all evening games shall be 6:15 p.m. (Rally Cap-**18U A**)
- 9 No inning shall begin after 8:15 p.m. before June 1st and 8:30 p.m. thereafter. However, the umpire may adjust these times in the interests of safety. (**11U-18U A**)
- 10 Baseball Regina will follow a 4° at 4 pm rule. The 3 parks will be responsible for assessing the temperature from a common weather source (weatherforyou.com/cgi-bin/hw3/hw3.cgi?&place=regina&state=sk&country=ca) and if the temperature is 4° C or lower at 4 pm, Mon – Friday, a cancellation notice will be placed on the park phone (Rally Cap-**18U A**) and Baseball Regina social channels.
- 11 In the event a game is rained out or cancelled, the coach of the home team shall be responsible for rescheduling the game **during the regular season. For playoffs, Baseball Regina will reschedule the games.**
- 12 For weekend double header games: (**11U-18U A**)
 - 12.1 Games shall be scheduled 3 hours apart (typically at 1:00 p.m. and 4:00 p.m.)

- 12.2 For double header games (same two teams playing both games), and only when there are no games scheduled on the same diamond after the double header, there shall be no time limit on either game. i.e. both games shall be played to be a complete game as per the definition of a complete game for that age division.
- 12.3 For any weekend games (including both games of a double header), when there is another game scheduled to follow on the same diamond, no new inning shall start 2 hours and 30 minutes after the scheduled start time. In the case of a double header with a third game scheduled following the double header, both double header games shall use the “no new inning after 2 hours and 30 minutes” rule. Note: Two back to back games for one team, where the second game involves a different opponent, is not considered a double header – in this case the 2 hour and 30 minute time limit rule will also apply for the first game. **(11U - 18U A)**
- 13 The pitching rules of SBA will apply.
- 14 SBA substitution rules will apply.
- 15 A clean shirt courtesy runner may be allowed for the catcher with two out to allow the catcher to put on his/her equipment, thereby speeding up the games. **(11U- 18U A)**
- 16 Baseball Regina follows the Baseball Canada rule requiring catchers in all age categories to wear a protective helmet with throat protector and mask while catching. NOTE: This includes practice and warm-up situations such as the bullpen or between innings. Coaches must wear at least a mask in all practice and warm-up situations.
- 17 A rule of BASEBALL REGINA is that all aspects of FAIR PLAY must be observed. Coaches will treat all members of their teams with fairness to ensure the development of players in the best spirit and traditions of baseball.
- 18 In the event that an AA or A team does not have at least nine players, the game will NOT be automatically forfeited for that reason. Teams may play out the game with the end result being the official result. The team with a roster of less than nine players shall not have to take an automatic out for the one or two missing players. If the team has less than seven players the game is forfeited. Any AAA team not having at least nine (9) players by 30 minutes past the official game start time shall forfeit the game. Nonetheless, the game may be played for practice purposes with the consent of both coaches, and shall still utilize the scheduled umpires. **(11U-18U A)**.
- 19 Teams listed on the schedule as the home team shall provide the official scorekeeper for that game. Teams listed on the schedule as the visiting team shall provide the official pitch count tracker for that game. The home team coach or manager will be responsible for reporting the game score to the Baseball Regina website at www.baseballregina.com. This must be done prior to 10 pm game day if possible. Failure to report scores may result in a

team being ineligible for league playoffs. (11U-18U A)

- 20 For league play-offs teams must have played 60% of a full; if not, games will be counted as a LOSS, until the 60% mark is met. After making this adjustment, placings will be made according to win-loss percentage. (11U – 18U A).
- 21 The league play-offs shall be decided by all coaches at the scheduling meeting (11U-18U A)
- 22 Coaches must register for Baseball Regina tournaments at least TEN (10) days prior to the scheduled tournament date. TEAMS ARE NOT AUTOMATICALLY ENTERED.
- 23 **During regular season, games that are tied after the last inning will be recorded as a tied game. For Baseball Regina sanctioned tournament games, tied games will be after the last inning will be detailed in the tournament rules.**
- 24 **Games called due to darkness or inclement weather will be up to discretion of umpire. Score to the last completed inning or legal inning based on definition of complete game.**
- 25 **For 11U and 13U A games a completed game is defined as a minimum of four completed innings in the event six innings can't be played. For 13U, 15U and 18U A, a completed games is defined as five completed innings in the event seven innings can't be played.**
- 26 All 11U games shall use Rawlings 80cc baseballs. All 13U, 15U and 18U A games shall use Rawlings ROML baseballs. **This applies to regular and Baseball Regina sanctioned tournament games.**
- 27 **All home and away teams playing a Baseball Regina sanctioned tournament shall provide two baseballs per game.**

5 Rally Cap Division

Please note game plan changes for JUNIOR RALLY CAP- APPENDIX D

The objective of this division is to introduce the game of baseball to young players while making it safe, interesting and fun. Our program offers a wide flexibility for placement based on age and skill at this level. We find the best fit for a starting player to develop.

Although some of the rules are not traditional rules we are familiar with, at this age tradition is not the primary concern. The opportunity for the players to learn the basic fundamentals of the game in a safer environment while having fun and improving their skills is the primary concern. Hitting, fielding and running the bases are the primary reasons children want to play baseball and this program allows them to do that. Junior and Senior Rally Cap Divisions shall follow the format as provided by Baseball Canada in the book titled Baseball Canada Rally Cap Program.

The following rules apply to the Rally Cap Division (differences between Junior Rally Cap and Senior Rally Cap, as indicated):

1 AGE OF PARTICIPANTS

- 1.1 Junior Rally Cap – 5 and 6 years as of Dec 31st of the current year (4 years with Division Director's approval and parent/guardian coaching)
- 1.2 Senior Rally Cap – 7 and 8 years as of Dec 31st of the current year (9 years when Division Director and parent determine it to be in best interest of the child)

****There is flexibility with placement in the divisions based on skill and development of player.**

2 ROSTER

- 2.1 Junior Rally Cap: 8 to 10 players per team
- 2.2 Senior Rally Cap: 10 to 12 players per team

3 EQUIPMENT

- 3.1 Blue Flame Pitching machine
- 3.2 Two ball baskets (one at the machine and one at the catcher)
- 3.3 Two dozen pitching machine balls
- 3.4 Bats
- 3.5 Catcher Equipment

4 SPEED OF PITCH

- 4.1 Junior Rally Cap - approximately 38 - 40 miles per hour
- 4.2 Senior Rally Cap - approximately 41 - 43 miles per hour.

5 FIELD DIMENSIONS

- 5.1 60 foot base paths
- 5.2 Pitching machine at 40 - 42 feet
- 5.3 Distance between bases shall be 45 feet
- 5.4 The infield shall begin two (2) feet outside the baselines.

6 LENGTH OF GAME

- 6.1 Junior Rally Cap: Games should be preceded by 30 minutes of practice (throwing, catching, batting and fun games). Games should be a maximum of three innings (90 minutes time limit, in total)
- 6.2 Senior Rally Cap: Six innings, or 90 minute time limit. It is expected that practices would be held outside of scheduled game times.
- 6.3 No new inning shall be started after 1.5 hours of play.

7 BATTING

- 7.1 Junior Rally Cap: All players shall bat every inning. Each batter shall receive five (5) hittable pitches, including foul balls. If the ball has not been hit, the batter will advance to first base.
- 7.2 Senior Rally Cap: All players will be listed on the batting order, and the half inning is over after three outs. Prior to June 1st each batter shall receive five (5) hittable pitches, including foul balls. The batter is out after the 5 pitches if **the player** has not hit. After June 1st the batter is out after three strikes. The batter can only advance to first base on a hit and cannot be walked.
- 7.3 Players shall wear batting helmets at all times when batting and running the bases.

8 DEFENSIVE ALIGNMENTS.

- 8.1 Junior Rally Cap: All players will play each defensive inning
- 8.2 Senior Rally Cap: Nine (9) players will play each defensive inning.

9 OTHER RULES.

- 9.1 Junior Rally Cap: No stealing of base is allowed on pass balls or on overthrows.
- 9.2 Senior Rally Cap: Batter / runner or runners allowed only one base on an overthrow
- 9.3 No "infield fly rule" or "bunting".
- 9.4 Only one base will be allowed on a ball which hits the pitching machine.
- 9.5 The advance of base runners shall halt as soon as the ball enters the infield. The ball does not have to be caught or touched by an infielder.
- 9.6 All players are to try every position at least once during the season.
- 9.7 Junior & Senior will have a minimum of one (1) and preferably two (2) Rally Cap events where players will demonstrate their Rally Cap skill levels.

10 SCORING

- 10.1 Junior Rally Cap: No scores will be kept.
- 10.2 Senior Rally Cap: Scores will be kept, by an official scorekeeper. There is a maximum of 6 runs per inning. Scores are not reported to Baseball Regina

11 NO PROTESTS.

6 11U Division

The following rules apply to the **11U Division**:

- 1 Games shall be 6 innings long.
- 2 During league play, no more than six (6) runs may be scored by a team in one inning (in the event of an 'over the fence' home run, all runs will count).
- 3 Any team that is 10 runs up after 4 innings or subsequent innings shall win that game; however the game may be continued for practice purposes with the consent of both coaches.
- 4 During league games, league tournaments and league playoffs, all players listed on the team roster shall bat.
- 5 Baseball Regina promotes fair play by introducing and enforcing the following:

**Every player must play at least two defensive innings during the first four innings.
Every player must sit at least one inning every two games.**

Exceptions for fair play shall be exempted for injuries during the game, disciplinary reasons and a catcher and pitcher who are still within their pitch count limits if they started the game as catcher and pitcher. Once the pitcher is no longer pitching then the catcher and pitcher must follow the rules as set out above. For example, if the pitcher is pulled or hits his pitch count limit in innings five, the player must sit out inning six as does the catcher.

Violations subject to discipline - see 2.14)
This is not enforced at Provincials.

- 5.2 A pitcher removed from the mound may play in another position, but shall not be permitted to return to pitch in the same game **or in the day**.
- 5.3 All defensive substitutions shall retain their batting positions.
- 6 There is no leading off. A base runner must stay in contact with the base until the pitched ball crosses the plate. Penalties as per Baseball Canada – Official Rules of Baseball.
- 7 Pitching limits as per SBA Pitch Count Rules
- 8 Curve balls are not allowed. Umpires will call a curve ball a "ball".
- 9 Coaches are responsible for the discipline and conduct of their players and may impose reasonable sanctions. This can include sanctions for missing practices or games.
- 10 For the "A" Division only, players can only advance one (1) base on an overthrow and must be hit home or forced in by a walk.

- 11 For the “A” Division only, the pitching distance shall be 37 feet from start of the season to May 31. From June 1 to end of the season including playoffs, the pitching distance shall be 44 feet.
- 12 For the “A” and “AA” Divisions, no player can steal home on a passed ball between the pitcher and catcher. (in “AAA” Division players can steal home on a passed ball).
- 13 During league games, league tournaments, and league playoffs, bunting will not be allowed.
- 14 **As dictated by Baseball Saskatchewan 2019 Handbook, all catchers in 11U must wear a one (1) piece catcher’s helmet.**
- 15 **For the “A” and “AA” divisions all batters shall start with the count of 1 and 1 from the start of the season to May 31. From June 1 to end of the regular season the batter shall start with the count of 0 and 0. For playoffs and Baseball Regina sanctioned tournaments the batter shall start with the count of 1 and 1.**

7 13U Division

The following rules apply to the **13U Division**:

- 1 Games shall be 7 innings long for AAA & AA, and 6 innings long for A.
- 2 During league play, no more than eight (8) runs may be scored by a team in one inning (in the event of an 'over the fence' home run, all runs will count).
- 3 Any team that is 10 runs up after **five (5)** innings or subsequent innings shall win that game; however the game may be continued for practice purposes with the consent of both coaches. **For 13U A it shall be after four (4) or subsequent innings.**
- 4 During league games, all players listed on the team roster shall bat. This rule shall also apply for League Playoffs and Baseball Regina tournaments for "A", "AA" and "AAA" divisions
- 5 Unlimited substitution is allowed, except for the pitching position. A pitcher removed from the mound may play in another position, but shall not be permitted to return to pitch in the same game.
- 6 Baseball Regina promotes fair play by introducing and enforcing the following:
Every player must play at least two defensive innings during the first four innings.
Every player must sit at least one inning every two games.

Exceptions for fair play shall be exempted for injuries during the game, disciplinary reasons and a catcher and pitcher who are still within their pitch count limits if they started the game as catcher and pitcher. Once the pitcher is no longer pitching then the catcher and pitcher must follow the rules as set out above. For example, if the pitcher is pulled or hits his pitch count limit in innings six, the player must sit out inning seven as does the catcher.

(Violations subject to discipline - see 2.14)

This is not enforced for 9-man ball at Provincials, Westerns or Nationals.

- 7 All defensive substitutions shall retain their batting positions.
- 8 Pitching rules as per SBA Pitch Count Rules.
- 9 For the "A" Division only, the pitching distance shall be 44 feet from start of the season to May 31. From June 1 to end of the season including playoffs, the pitching distance shall be 48 feet.
- 10 Regina AAA teams may use wood bats when they play other Regina AAA teams.
- 11 Coaches are responsible for the discipline and conduct of their players and may impose



reasonable sanctions. This can include sanctions for missing practices or games.

8 15U Division

The following rules apply to the **15U Division**:

- 1 Games shall be 7 innings long.
- 2 Metal cleats are allowed.
- 3 During league play, no more than eight (8) runs may be scored by a team in one inning (in the event of an 'over the fence' home run, all runs will count).
- 4 Any team that is 10 runs up after **five** (5) innings or subsequent innings shall win that game; however the game may be continued for practice purposes with the consent of both coaches.
- 5 During league games, all players listed on the team roster shall bat. This rule shall also apply for League Playoffs and Baseball Regina tournaments for "A", "AA" and "AAA" divisions.
- 6 Unlimited substitution is allowed, except for the pitching position. A pitcher removed from the mound may play in another position, but shall not be permitted to return to pitch in the same game.
- 7 Baseball Regina promotes fair play by introducing and enforcing the following:
Every player must play at least two defensive innings during the first four innings.
Every player must sit at least one inning every two games.

Exceptions for fair play shall be suspended for injuries during the game, disciplinary reasons and a catcher and pitcher who are still within their pitch count limits if they started the game as catcher and pitcher. Once the pitcher is no longer pitching then the catcher and pitcher must follow the rules as set out above. For example, if the pitcher is pulled or hits his pitch count limit in innings six, the player must sit out inning seven as does the catcher.

(Violations subject to discipline - see 2.14).

This is not enforced for 9 man ball at Provincials, Westerns or Nationals.

- 8 All defensive substitutions shall retain their batting positions.
- 9 Pitching limits as per SBA Pitch Count Rules.
- 10 All AAA teams shall use wood bats. All AA and A teams shall use bats with a maximum-3 weight/length differential for all league games, league tournaments & league playoffs.



- 11 Coaches are responsible for the discipline and conduct of their players and may impose reasonable sanctions. This can include sanctions for missing practices or games.

9 18U Division

The following rules apply to the **18U Division**:

- 1 Games shall be 7 innings long.
- 2 Any team that is 10 runs up after 5 innings or subsequent innings shall win that game.
- 3 **AAA and AA** games follow 9 man ball no re-entry rules as per Canada Baseball rules.
- 4 Metal cleats are allowed.
- 5 All teams shall use wood bats.
- 6 All **18U** AA and AAA game rules will be determined and enforced by the Saskatchewan Premiere Baseball League in which Baseball Regina will enter its **18U** teams.
- 7 Baseball Regina is committed to fair play. No one player shall sit out 2 consecutive league games (with the exception of medical or disciplinary reasons).
- 8 Coaches are responsible for the discipline and conduct of their players and may impose reasonable sanctions. This can include sanctions for missing practices or games.
- 9 **18U A shall follow Baseball Regina rules.**

10 Rules and Regulations Governing Conflict Resolutions and Appeals

- 1 If an altercation occurs between two (2) or more parties as a result of Baseball Regina (herein after referred to as BASEBALL REGINA) activities and is reported to BASEBALL REGINA, the president of BASEBALL REGINA (or their designate) shall notify the Executive Board within one (1) day of the report of the altercation. The Executive Board shall meet to investigate, conduct interviews with parties involved, discuss the situation and come to a conclusion.
- 2 The decision of the Executive Board shall be rendered in written form by registered mail to the parties involved within seven (7) calendar days of the notification from the president of BASEBALL REGINA, with a copy being forwarded to the president of BASEBALL REGINA. The letter shall also contain the correct procedure to be followed should one or more of the parties wish to appeal the decision.

The appeal procedure shall be as follows:

- 2.1 A registered letter is to be sent to the President of BASEBALL REGINA within five (5) days of the date of receipt of the registered letter. The letter shall contain the name and address of the President of BASEBALL REGINA.
- 2.2 The president of the BASEBALL REGINA shall set up an appeal committee consisting of three (3) impartial individuals to hear the appeal within three (3) days of the receipt of the letter of appeal.
- 2.3 The appeal shall be heard at a location that is neutral to all parties concerned.
- 2.4 Witnesses shall be obtained from all parties and shall be contacted if the appeals committee should need additional information to render a fair decision.
- 2.5 A registered letter stating the decision of the appeal committee shall be sent to the president of BASEBALL REGINA within seven (7) calendar days, who shall in turn, forward the decision to the appellant, with copies being sent to the other involved parties, the Baseball Saskatchewan Association, the Executive Board, the umpire director and the zone governor.
- 2.6 The decision of the appeal committee shall be final and binding.

APPENDIX A

Recommended Guidelines for Non-parent & Parent Coach Expenses

Teams are expected to assist with coverage of the following expenses:

1) For League Play (including provincials)

MAXIMUM Fee Per Player (this is not a guideline but a set maximum):

18U	\$300.00/player
15U	\$150.00/player
13U	\$100.00/player
11U	\$100.00/player

Travel:

- Gasoline expense for one non-parent coach vehicle. This is for out of town travel only to league games and tournaments.
- Team treasurer to reimburse original gas receipts or pay \$0.25/km.
- Parents may offer transportation within their vehicles for non-parent coaches.

Accommodation:

- One hotel room for the non-parent coach(es) with shared occupancy is to be covered by the team at approximately \$120/night, before taxes.
- Team treasurer to be provided with original receipts for reimbursement

Meals:

- Per diem of \$35 per full day for up to 2 non-parent coaches (or \$70 split between # of non-parent coaches).
- Only for overnight league play and tournaments.

Team Clothing:

- Team hats for up to 3 coaches – parent or non-parent is to be paid for by the team
- Team jerseys for up to 3 coaches – parent or non-parent is to be paid for by the team

2) For Post-Season Play – Westerns or Nationals

Team is required to assist in the expenses of travel, accommodations and meals as listed above for League Play.

Additional MAXIMUM Fee for all divisions:
Westerns - \$100/player Nationals - \$150/player



Teams are to report their non-parent coach expenses to Baseball Regina by Oct. 31 of each season when requested.

Appendix B

Code of Conduct

Every member* with Baseball Regina is expected to represent themselves, their team and Baseball Regina in an appropriate manner. Any behavior that is determined to be inappropriate is reason for and may lead to expulsion from Baseball Regina without refund of fees for the remainder of the season. Baseball Regina Executive members reserve the right to implement disciplinary measures.

All members are to respect the rules, their fellow teammates, coaches, opponents and officials at all baseball functions in which they are participants.

All parents/guardians are to observe a 24-hour waiting period before contacting coaches, team or league officials with any complaint.

All members are to not use profane language, ridicule or speak in a derogatory fashion or use physical violence at any time while representing Baseball Regina.

All members are to not question the game official's judgment or honesty, only the head coach has the ability to question an official.

If a conflict arises at the team level between a parent/guardian, athlete and coach that cannot be resolved, the first form of resolution will be a meeting between the parent/guardian, athlete and team manager. Should there be no resolution to the issue the parent/guardian, athlete or coach must provide a written complaint to Baseball Regina and request a meeting with the team manager and the Division Director.

All written complaints will be dealt with according to Baseball Regina's By-Laws.

Unsportsmanlike behavior is taken very seriously by Baseball Regina. Baseball Regina shall utilize the Code of Discipline to manage unsportsmanlike behavior.

* Member includes all players, their families and coaches.

Appendix C

Code of Discipline

- a) Applies to all season play.
- b) If Baseball Regina finds that the behavior of the player or coach warrants a more stringent suspension, they can change the suspension accordingly.
- c) Baseball Regina may investigate ejections and as a result of that investigation determine if an ejection will count towards the Minimum Suspension levels below.
- d) Coaches are responsible for knowing and following the BR Code of Discipline.
- e) All player and coach ejections in league, tournament and exhibition games must be dealt with immediately by the coach, and reported to the Division Director within 48 hours of the ejection or before the next scheduled game, whichever is earlier. Coaches failing to notify the Division Director are subject to suspension.
- f) Coaches must inform the opposing coaches that a player is suspended. Any players on suspension are expected to attend the game(s) but are not allowed to interact with their team and must remain in the stands.
- g) Failure of a coach to sit a suspended player will result in forfeiture of the game and suspension of the coach that allowed the suspended player to play.

Minimum Coach Suspensions: [taking into account b) and c) above]

One coach ejection – No action from Baseball Regina

Two coach ejections - Automatic suspension from the next scheduled game*

Three coach ejections – Automatic suspension of the coach for the remainder of the season**

Minimum Player Suspensions: [taking into account b) and c) above]

One player ejection – No action from Baseball Regina

Two player ejections – Automatic suspension from play at the next scheduled game.*

Three player ejections - An automatic suspension from play for the next three scheduled games.*

Four player ejections – An automatic suspension for the remainder of the season**

Once a game ejection has been applied the player or coach is on probation. Probation will be for the remainder of the season, including playoffs.

Good Behavior Clause: Should a player or coach go 30 days without ejection from a game, then one ejection is eliminated from their record. For example: If a player gets their first ejection on June 1st and does not get ejected from a game until July 2nd or after, then this next ejection would be considered his first.



- * Regardless of whether the next game is during a tournament, a double-header or league game.
- ** Suspended until further review by Baseball Regina

APPENDIX D

Junior Rally Cap Program Format

Incorporating the Baseball Canada Rally Cap Program

Ages: 5 and 6* (4 with approval from Division Director and parent/guardian coaching) as of December 31 of current year.

*If already completed 2 years of Junior Rally Cap, player may consider Senior Rally Cap.

Number of Coaches: 1 or 2 along with 1-2 parent helpers.

Concept:

Players' first experiences in baseball should be filled with active and engaging activities that are developmentally appropriate for their age. The Baseball Canada Rally Cap program introduces the game to children while developing skill in fun and entertaining manner. Three teams come to the baseball park for a 90 minute practice/game. The first 15 minutes is to organize and perform a skill warm-up with their coaches. When the official game begins – Team A and B will play a 20 minute game while Team C will be in the outfield with their coaches practicing hitting, fielding, running and throwing. Teams rotate taking 10 minutes to reorganize with Team B and C playing a 20 minute game and A practicing in outfield. Final rotation occurs for Team A to play C and B practices. Coaches will be provided with activity cards that they can use in the outfield for practice ideas.

The Rally Cap Program is Baseball Canada's official initiation program. It was designed specifically for young baseball players and aims to increase interest in baseball at young ages. Players will demonstrate their skill level early in the season following Baseball Canada's Rally Cap report card. Baseball Saskatchewan Association will designate a Rally Cap week in June for players to achieve their Baseball Canada Rally Cap by demonstrating their skills once again. There are different colored Baseball Canada Caps that players will earn according to baseball skill levels. Baseball Regina's Rally Cap Director(s) will assist in organizing the Rally Cap events.

General Rules:

- 8-10 players on team –no more than 10 on a team!
- All players are on the field for defense.
- Players on defense will rotate positions at each inning.
- Catcher can be used when teams go to the pitching machine in June.
- Use of tee for first half of season unless player is capable of hitting from the pitching machine (coach's discretion).
- Pitching machine (Blue Flame) is to be used full time as of June 1st unless a player's skill level continues to require the batting tee. (coach's discretion)
- When using the pitching machine if player does not put the ball in play after the 4th pitch/foul ball the player will hit off the tee.
- Every inning the team at bat will start with loaded bases (increases activity level).
- Players will stop advancing once a defensive player fields the ball and throws it in the direction of the coach positioned in the infield. No advance on overthrows.
- Base paths should be 45 feet.
- Players at bat must hit the ball past the designated line in front of the plate in order to be considered a "fair ball". This line should be about 5 feet directly in front of home plate. If



the tee is hit and not the ball then the player gets to try again. No line will be used – coaches to use their judgment.