



11U House Division Information

The 11U House Division is split into two tiers, which are both a developmental and recreational league for players, coaches, and umpires. In each tier, having fun, development of individual player skills, and team social skills are a priority to ensure everyone involved enjoys their baseball experience.

House teams consist of 10-12 players which play against other Sox teams, including the 9U elite team.

Tier 1 Teams consist of 12 players with play in the YEGA league.

The Goals

- Have fun and instill a love of the game
- Skill development of individual player and team
- Life skills development (patience, respect, cooperation, communication, leadership, etc.)
- To teach the kids of 11U the necessary skills, both physical and mental, in order to be able to play at the next level.

General Information

- Teams consist of 10-11 players.
- Players will be on the field 2-3 times a week depending on tier level, generally with one practice day and one game day. Number of games will increase during playoffs.
- The indoor season begins with sessions in April where they will learn proper throwing, hitting, catching and fielding techniques and develop their individual skills.
- The outdoor season begins the first week of May weather permitting and goes up to the end of June including a playoffs. The season is completed before the end of the school year.

Tier One Teams

- This option is for House League Mosquito players with better than average abilities, looking for additional practices, coaching, tournament play and entry into the Provincial A Level playoffs in July.
- Tier One teams will not play in the SWEMBA House league, but in the YEGA league which plays against other Tier One teams from other clubs in the Edmonton area.
- **Tier One players will be identified during the Spring evaluation process.**
- Players will be approached and will have the option to accept the invitation to the Tier One team, or play on a House Team.
- **Higher fees will apply, as this team may play up to two games per week.**

Coaching

First, thank you to our volunteer coaches.

Each team will have a Head Coach and up to 3 Assistant Coaches.

Coach responsibilities include: bringing equipment to practices and games, ensuring participant safety, skill development (practice plan), teach the rules of baseball, and ensure engagement of players.

Communication with your team will occur via Teamsnap.



Parent and Volunteer Roles

1 Head coach- **assigned by league**

3 asst coaches- **assigned by league**

(*If you have more asst. let your director know and we can see if we can get more asst. coach credits)

2 positions- **assigned by Head coach**

(Examples if these positions: manager, field coordinator/setup, equipment manager, score keeper, parent liaison)

Feel free to combine any of these as you see fit!

For example: manager/parent liaison

- Responsibilities are, updating team snap, organizing year end parties, sending out emails for the head coach, taking any questions regarding playing time etc. from parents to coach, etc.)

In summary, 6 total positions at the team level are eligible for volunteer credits.
volunteer roles include Scorekeepers and Manager.

Other volunteer opportunities will be emailed to you from SWEMBA, such as equipment sorting or assessment volunteers.

A \$150 postdated volunteer check was required with registration.

House League General Information:

1. There will be 10-11 players per team.
2. Each player will receive a hat.
3. Uniforms will be distributed and collected after the end of the season. A \$50 deposit is required via a post-dated check.

Games and Practice are scheduled for Tuesday and Thursday Evenings from approximately 6pm-8pm.
For House Teams, during non-covid years, there will be 2 weekend tournaments, Sox Days in June and a Jamboree in May..

Equipment Provided to Team

- Balls, bats, cones, batting T, set of bases, catcher's gear, first aid kit
- Line-up cards
- Scorebook

Equipment players need

1. Glove
2. White baseball pants, black belt and socks
3. Baseball Helmet



4. Jock or Jill
5. Recommended – Bat and cleats

Fields

Your team will be assigned a field each week. Coaches who would like to request extra fields for practice, please contact the facilities director at facilities@southwestedmontonbaseball.ca.

Poor Weather/ Cancelling a Practice or Game

Please sign up to be notified when fields are closed by the city due to poor weather.

You can sign up here: https://www.edmonton.ca/activities_parks_recreation/sports-fields-ball-diamonds.aspx

The Umpire has the final say regarding canceling a game that has started.

Coaches from each team will be responsible for contacting each other and deciding if a game is going to be cancelled prior to 4pm on game day. Please email the Mosquito director or SWEMBA admin

(admin@southwestedmontonbaseball.ca) so that the umpires can be notified. Please review Baseball Alberta's weather policies found here:

<http://baseballalberta.com/content/baseball-alberta-weather-policy>

House League Practice Format

A 1.5-2 hour practice is scheduled for either Tuesday or Thursday depending on the schedule.

Practices should incorporate:

1. Dynamic Warm-up (running sprints, dynamic stretching)
2. Defensive Drills – Throwing, Catching, Positioning, where to throw the ball for an out.
3. Offensive Drills – Base running and hitting

Use stations as much as possible to encourage participation and less waiting time for participants.

ie. If focusing on hitting, have a tee station, a live pitch station, a hitting wiffle balls/heavy balls station etc.

For Drill Ideas visit: baseballcanadacoaches.ca and sign in using your NCCP login.

*****Each coach is provided with a detailed practice plan for their first week of practice, which consist of games, competitions and drills (or practice plans for the whole season)**

House League Game Format

Set-up

- Bases lines are 60ft
- Pitching Distance is 44ft.

Games will be played according to the 2020 Baseball Alberta Handbook for 11U 'A' unless superseded by the league rules:

Spirit of the League



1. SWEMBA house league is a development or recreational level league. The spirit of the games, and rules have been set to ensure fair and equal play for all participants, in a less competitive environment.
2. All coaches are encouraged to let the players experience playing all positions during the course of the season unless in the coaches' opinion the safety of a player is jeopardized by playing a particular position.
3. There are UNLIMITED SUBSTITUTIONS (with the exception of the pitcher), and all players bat.
4. To be clear if a pitcher leaves the position he cannot return to pitch or catch in the same game.
5. A player is not to sit more than 1 consecutive inning during the game, and no player shall sit more than two innings in a game until all players have sat at least two innings.
6. For all games, the home team is responsible for game balls.
7. The dimensions of the field will be as follows: Distance between all bases will be 60 feet Distance between the front of the pitcher's rubber to home plate shall be 44 feet.
8. Lastly, please remember that the coaches are responsible for your fans and parents in the stands. If a parent's behavior is intolerable or abusive to any participant in the game you may be asked by the umpire or other game participants to ask for that parent to leave the ballpark. If unsuccessful in doing so, your team may forfeit the game.

League Rules Modifications (Coaches will receive another document outlining the full rules, below is a shortened version)

9. Number of Pitches

If the batter has three strikes, they are out.

If the batter has four balls, there is no walk. **Their coach will pitch an underhand pitch** from the side of the plate. The coach will pitch an equal number of pitches to the remaining strikes.

ie. If a batter has 1 strike and four ball, the coach will pitch up to 2 coach pitches. If the ball is hit, the batter runs, if they miss both pitches, they strike out.

10. Stealing and Lead-Offs

There are no lead offs. A runner may leave the base after the pitch passes home plate.

Runner may advance on a passed ball, but can be thrown out by the catcher.

11. Dead Ball

On fields that do not have a fence around, if the ball is overthrown at first or third base and proceeds outside the ball diamond area (usually into the fans), the ball is dead.

12. Pitching limits

Pitchers are allowed to pitch up to 2 innings per game. Please keep in mind that this is a development league, so utilizing the same pitchers every week will not develop all your players.



13. Amount of play - A player is not to sit more than 2 consecutive innings during the game, and no player shall sit more than two innings in a game until all players have sat at least two innings.
14. Pitchers will only be allowed 5 warm-up pitches when they enter the game and 5 pitches during subsequent innings. It would be appreciated if the coaches would warm up their pitchers on the sidelines whenever possible.
15. There is a 5 run mercy rule per inning. A complete inning will end when both teams have either 3 (three) outs or 5 (five) runs scored.

Tier One General Information

- Games are scheduled through Baseball Alberta and is known as the YEGA league.
- Managers will receive an email from Baseball Alberta with the schedule and information on how to enter scores.
- More information about which organizations are participating is to come. (Leduc, Beaumont, Sherwood Park, etc)
- **Games can be on any day of the week depending on field availability, please keep this in mind if you accept a roster spot on a Tier One team.**
- Practices can be on the weekends.
- Tier One Game rules follow the Provincial A level baseball rules in the Baseball Alberta Handbook, including the Pitch Count Rules.

A-level Provincials

- In June, players able to play in the A-level provincials in July, will be required to pay an extra fee to cover the cost of extra field, team entry and umpire fees. Provincial weekends often require travel anywhere in Alberta.
- Teams are selected based on skill, commitment and availability.
- Tier 1 Teams can be combined to form a provincial roster of up to 15 players.
- Rosters are due the first week of June
- If your player is not tier 1 and is able to commit to Provincials, please contact your division director to see if a roster spot is available or a non-tier 1 team is being formed.

Tournament Opportunities

Want to play more baseball? Consider entering your team into a weekend tournament. Your team will be responsible for entry fees.

1. Usually late May - NEZ tournament. Visit <http://nezsports.com/baseball/nez-baseball-tournaments/>
2. Others are listed here (look for house level or A level tournaments): <http://www.baseballalberta.com/content/tournaments>