FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The YMCA of Greater Dayton

BASEBALL HANDBOOK



YMCA OF Greater Dayton
www.daytonymca.org/sports

TABLE OF CONTENTS

The YMCA of Greater Dayton and Contact Information..... 3

Welcome to the Program..... 4

Suggestions, Questions, and Concerns.....5

7 Pillars of YMCA Youth Sports.....6

Become a Volunteer Coach..... 7

Helping Your Child Enjoy Sports..... 8

Code of Ethics and Policies..... 9

Parent Code of Conduct.....10

Dos and Don'ts of Spectatorship.....11

Things to Remember.....12

Injuries.....

- Concussions.....13
- Sudden Cardiac Arrest and Lindsay's Law.....14-15

Practices.....16

Game Day.....17

Rules of Play.....

- All Divisions.....18-19
- U4 Division..... 20
- U6 Division..... 21
- U8 Division..... 22
- U10 Division.....23-24

Heat Index Policy..... 25

THE YMCA OF GREATER DAYTON

MISSION STATEMENT

The YMCA of Greater Dayton, based on Christian principles, is a charitable organization with an inclusive environment driven to enrich the quality of family, spiritual, social, mental, and physical well-being for all.

CORE VALUES OF CHARACTER DEVELOPMENT

1. Caring
2. Honesty
3. Respect
4. Responsibility

YOUTH SPORTS PHILOSOPHY

The YMCA's philosophy is "Athletes First, winning second, everyone is a winner." Please do everything you can to de-emphasize the score.

CONTACT INFORMATION

Coffman YMCA
88 Remick Blvd.
Springboro, OH 45066
937-886-9622

Fairborn YMCA
300 S. Central Ave.
Fairborn, OH 45324
937-754-9622

GLH/PH North YMCA
7590 St. Rt. 703
Celina, OH 45822
419-629-9622

GLH/PH South YMCA
4075 Wuebker Rd.
Minster, OH 45865
419-629-9622

Kleptz YMCA
1200 W. National Rd.
Englewood, OH 45315
937-836-9622

Preble County YMCA
450 Washington Jackson Rd.
Eaton, OH 45320
937-472-2010

Premier Health YMCA
2649 Salem Ave.
Dayton, OH 45406
937-854-9622

South YMCA
4545 Marshall Rd.
Kettering, OH 45429
937-434-1964

West Carrollton YMCA
900 S. Alex Rd.
West Carrollton, OH 45449
937-866-9622

Xenia YMCA
336 Progress Dr.
Xenia, OH 45385
937-376-9622

YMCA at the Heights
7251 Shull Rd.
Huber Heights, OH 45424
937-236-9622

Versailles YMCA
758 Hickey Avenue
ersailles, OH 45380
937-345-9622

WELCOME TO THE PROGRAM

Dear Participant,

The YMCA of Greater Dayton welcomes you to the Youth Baseball Program! A goal of the Dayton YMCA is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. The YMCA uses sports as a tool to develop each participant physically, mentally, and spiritually. Our programs emphasize teaching the values of good sportsmanship, teamwork, goal setting, and skill development in a fun, esteem-promoting atmosphere. Skill development is the main component of all YMCA Youth Sports. Non-competitive games are a part of every season. Of course, a FUN and friendly environment are characteristics of all YMCA programs.

Thank you for volunteering your time to participate in our youth baseball league! By participating, you are clearly aware of how important the role of sports is to the development of important personal characteristics to children in these programs. Our sports leagues are volunteer driven, and without you they would not be possible.

It is our goal to provide a safe and fun program for all. Achieving this goal begins with ensuring all our volunteers are adequately screened and prepared for the season. Youth Sports programs are possible because of the dedication of volunteer workers. Many volunteers put in several hours of work to make the YMCA programs a success. Thank you to all of the YMCA volunteers who invest time and energy into the lives of young people today. If you are interested in future volunteer opportunities, please let us know!

Welcome to our program! Feel free to contact your branch's Sports Director with any questions. Thank you and enjoy the season!

Sincerely,

The YMCA of Greater Dayton
Sports Department

SUGGESTIONS, QUESTIONS, AND CONCERNS

SUGGESTIONS OR CONCERNS

At the YMCA, we believe that our members and program participants have valuable thoughts and insights to share regarding our operations. Accordingly, we encourage the free sharing of suggestions, concerns, and/or questions about our policies, personnel, and/or other matters impacting your experience or the safety of others.

In general, the best person initially to bring opinions, suggestions, concerns, and/or questions to is the Executive Director of the Branch you attend. You can contact your Branch Executive by calling the branch you attend.

However, if the concerns relate to the Branch Executive or if the Branch Executive Director did not fully address the matter, members and program participants may direct their opinions, suggestions, concerns, and/or questions directly to the Senior Vice President of Operations by visiting daytonymca.org/contact.

To remedy concerns that appear to have been ignored or unresolved after initial reporting, utilize the formal procedure above. This process provides a timely, thorough, and objective investigation of the following concerns:

- Inappropriate Behavior by Employees/Volunteers
- Inappropriate Behavior by Members or Program Participants
- Retaliation
- Whistleblower Complaints

WRITTEN COMPLAINT REQUIRED FOR FORMAL PROCESS

Verbal complaints are encouraged, particularly for issues that may be easily and expeditiously resolved, but a written complaint is required to initiate this formal process. To ensure a timely and effective response, complaints should include the following information to the fullest extent possible:

1. The name(s) of individual(s) involved
2. The date(s) the behavior occurred
3. The name(s) of any known witness(s)
4. A summary of the conduct meriting the complaint including:
    a. The behavior complained of and/or the alleged policy
    b. Direct quotes when relevant and available
    c. Any relevant documentation
5. The remedy sought by the individual making the complaint

7 PILLARS OF YMCA YOUTH SPORTS

The YMCA's philosophy is "Athletes First, winning second, everyone is a winner." Please do everything you can to de-emphasize the score.

1. **Everyone Plays.** We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season, everyone receives equal practice time and plays at least half of every game.

2. **Safety First.** Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to take time to check that the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We also ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.

3. **Fair Play.** Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.

4. **Positive Competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Youth Sports.

5. **Family Involvement.** YMCA Youth Sports encourages parents to be involved appropriately, along with their child participating in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

6. **Sport for All.** YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same. We do not forfeit games; instead, we share players and proceed with planned games.

7. **Sport for Fun.** Sports are naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Sometimes when adults become involved in children's sports, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember that these sports are for the kids; make sure the kids are having fun.

BECOME A VOLUNTEER COACH

Please review the instructions below on how to complete the volunteer application:

1. Visit the YMCA of Greater Dayton website at www.daytonymca.org.

2. Select "Programs and Classes" on the top left of the screen.

3. Under the "Sports" tab on the right side of the screen, select "Apply to Coach" - this takes you to VolunteerMatters project catalog. On the left side of the page select the branch you be volunteering for. This will narrow the search to only the volunteer opportunities at that Y.

4. Select the desired coaching opportunity by clicking the blue "Learn More" tab at the bottom. Then scroll to the bottom of that page and click the blue "Volunteer" button for the specific coaching role.

5. At the bottom of the Volunteer Sign Up page, you will either Login to your existing account or register as a new user.

You will be asked to complete the following additional items:

1. Background Check

2. Redwoods Institute Training: Child Sexual Abuse Prevention Training --> https://redwoodsinstitute.csod.com/selfreg/register.aspx?c=5003

3. CDC Heads Up Concussion Training --> https://headsup.cdc.gov/
4. Lindsay's Law

HELP YOUR CHILD ENJOY SPORTS

1. DEVELOPING A WINNING PERSPECTIVE

Every decision parents make in guiding their children should be based, first, on what is best for the child and then, second, on what may help the child win. Stated in another way, this perspective places emphasis on "Athletes First, Winning Second." We are not saying winning is unimportant. Winning, or striving to win, is essential to enjoyable competition. Pursuing victory and achieving goals are sweet rewards of sport participation. However, they can turn sour if, through losing, you and/or your child lose the proper perspective. An obsession with winning often produces a fear of failure, resulting in below average performances and upset children.

2. BUILDING YOUR CHILD'S SELF-ESTEEM

Building self-esteem in your child is one of your most important parenting duties. It is not easy and it is made even more difficult in sport by the prevailing attitude of "winning is everything." Athletes who find their self-worth through winning will go through tough times when they lose. Building self-esteem in your child takes more than encouragement. You need to show your child unconditional approval and love. Do not praise dishonestly - children can see through that. No matter the amount of mistakes your child may make, show the same amount of love and approval for them that you showed before the game.

3. EMPHASIZING FUN, SKILL DEVELOPMENT, AND STRIVING TO WIN

The reason you should emphasize fun is quite simple: without it, your child may not want to keep playing. Kids do not have fun when they stand around in practice or sit on the bench during games, when they feel pressure to win, and when they do not improve or learn skills. Conversely, they do have fun when practices are well organized, when they get to play in games, when they develop new skills, and when the focus is on striving to win.

4. HELPING YOUR CHILD SET PERFORMANCE GOALS

Performance goals - which emphasize individual skill improvement - are much better than the goal of winning for two reasons:

1. Performance goals are in the athlete's control.
2. Performance goals help the athlete improve.

Performance goals should be specific and they should be challenging but not too difficult to achieve. You (and your child's coach) should help your young athlete set such goals. Help your child focus on performance goals before a game. This focus will help sports be an enjoyable learning experience for your child.

CODE OF ETHICS AND POLICIES

FOUR CORE VALUES: CARING, HONESTY, RESPECT, RESPONSIBILITY

The YMCA of Greater Dayton, based on Christian principles, is a charitable organization with an inclusive environment driven to enrich the quality of family, spiritual, social, mental, and physical well-being for all.

1. Smoking or use of tobacco products in the YMCA programs or on YMCA property is prohibited.

2. Using, possessing, or being under the influence of alcohol or illegal drugs WILL NOT BE TOLERATED!

3. Any form of child abuse WILL NOT BE TOLERATED including:
   - Physical Abuse: strike, spank, shake, or slap
   - Verbal Abuse: humiliate, degrade, or threaten
   - Sexual Abuse: including inappropriate touching and exposure
   - Mental Abuse (Self-Esteem): comparison or criticism

4. Volunteers must treat everyone of all races, religions, and cultures with respect and consideration.

5. Volunteers must use positive techniques of guidance including positive reinforcement and encouragement rather than competition, comparison, or criticism.

6. Volunteers shall abstain from using humiliating or frightening discipline techniques.

7. Volunteers shall not use profanity in the presence of children or parents. Keep comments positive to all players, parents, officials, staff, and coaches.

8. Volunteers shall refrain from intimate displays of affection toward others in the presence of children, parents, and staff.

9. Monetary and expensive gifts to volunteers are prohibited.

10. Volunteers must be free of physical and psychological conditions that might adversely affect others.

11. Volunteers will do everything in their power to avoid being put in a situation where they are alone with a YMCA child other than their own.

12. Volunteers will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, integrity, courtesy, tact, and maturity.

13. Ohio State Law requires that all citizens report any suspected abuse or neglect of a child to the Montgomery County Department of Children's Services and the appropriate YMCA Personnel.

PARENT CODE OF CONDUCT

FOUR CORE VALUES: CARING, HONESTY, RESPECT, RESPONSIBILITY

The YMCA of Greater Dayton, based on Christian principles, is a charitable organization with an inclusive environment driven to enrich the quality of family, spiritual, social, mental, and physical well-being for all.

1. Smoking or use of tobacco products in the YMCA programs or on YMCA property is prohibited.
2. Using, possessing, or being under the influence of alcohol or illegal drugs WILL NOT BE TOLERATED!
3. Any form of child abuse WILL NOT BE TOLERATED including:
   - Physical Abuse: strike, spank, shake, or slap
   - Verbal Abuse: humiliate, degrade, or threaten
   - Sexual Abuse: including inappropriate touching and exposure
   - Mental Abuse (Self-Esteem): comparison or criticism
4. Spectators must treat everyone of all races, religions, and cultures with respect and consideration.
5. All spectators must remain in the spectator area during competitions.
6. Let coaches coach and let officials officiate.
7. Spectators shall not use profanity in the presence of children or parents. Keep comments positive to all players, parents, officials, staff, and coaches.
8. Pets are NOT allowed at practices or games unless they are service animals.
9. Cheer for your team.
10. Show interest, enthusiasm, and support for your child.
11. Help when asked by a coach or an official.
12. Spectators will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, integrity, courtesy, tact, and maturity. Be in control of your emotions.
13. Thank the coaches, officials, and other volunteers who conducted the event.
14. Ohio State Law requires that all citizens report any suspected abuse or neglect of a child to the Montgomery County Department of Children's Services and the appropriate YMCA Personnel.

BE INVOLVED – BUT NOT TOO INVOLVED

YMCA Youth Sports needs enthusiastic involvement from parents to be successful. Volunteering your time not only helps the program, but is also an enjoyable way to meet other adults and make new friends. Here are just a few ways to become involved:

1. Be a coach or an assistant coach
2. Be an official or umpire
3. Keep time or score
4. Maintain equipment or facilities
5. Coordinate refreshments

A healthy involvement will usually be welcomed by both the coach and your child. However, no coach wants to be – or should be – second-guessed by parents on strategy moves or other coaching decisions. Signs of parents being too closely involved include:

1. You are overly concerned with the outcome of the game.
2. You spend a lot of time talking with the coach about the game plan, player skill levels, and the way the coach conducts practices and coaches games.
3. Your child has stopped enjoying the sport or has asked you to stop coming to games or practices.
4. You require your child to take extra practice.

Be involved, show interest, help the coach where they need help, encourage your child, and enjoy the sport yourself!

PARKING

ABSOLUTELY NO PARKING on the driveways or in any grassy area. All cars are to be parked in designated parking spots. Speed limit on YMCA property or designated game/practice facilities is 5mph.

DOs AND DON'Ts of SPECTATORSHIP

DO

- Shout words of encouragement, not directions, from the sidelines. Keep your comments positive.
- Applaud good plays no matter who makes them.
- Set a good example by showing courteous behavior toward the parents of kids on the other team. Congratulate them when their kids win.
- Remember that it's your kids playing...not you.
- Keep your perspective. It's just a game! Even if the team loses every game of the season, it's unlikely to ruin your child's life or chances of success.
- Look for examples of good sportsmanship in professional or college athletes and point them out to your kid. Talk about the bad examples too!

DON'T

- Coach from the sideline - this is not Alabama football and you are not Nick Saban. We know you have their best interest at heart, but you're not the coach. Sit back, let the coaches coach, and just enjoy the moment of watching your kid play.
- Criticize other players - you wouldn't like another parent criticizing your kid either.
- Harass officials - they're making judgment calls in real time. They'll make mistakes - we all do - but calls tend to balance themselves out.
- Get in fights - we don't care who started it. Don't engage in it. You'll probably end up on YouTube and your kid will be embarassed.
- Have your child's sports career, scholarship dollars, and endorsement deals on the brain.
    - 2% of athletes will play Division I sports. Of that, only 1%-9% will end up playing professionally. The value of youth sports is NOT about turning kids into the next Michael Jordan or Olympic Gold Medalist. The value is your child's opportunity to have fun, learn life lessons, and make new friends by way of being active. Trust us - you AND your child will appreciate the perspective.

THINGS TO REMEMBER

COMMUNICATION

1. TeamSideline is our NUMBER ONE form of communication.
2. Check your email and text messages for any information from the Sports Department.
    a. TeamSideline will send information via notification in TeamSideline itself, to the email linked to your TeamSideline account and/or to the phone number linked to your TeamSideline account via text message.
3. The Sports Director is always available to answer questions and address any concerns.
4. Player/Coach/Parent communication is extremely important.

END OF SEASON

1. Coaches do not need to purchase awards for their teams. The YMCA will provide awards for each team. The Sports Director will communicate to you when these are available.
2. An end of season party is voluntary. If you and/or your team decides to have an end of season party, be sure to plan it ahead of time.

SNACKS

1. Team snacks are allowed. How your team handles or assigns team snacks is entirely up to the individual team.

UNIFORMS

1. Coach shirts will be provided by the Sports Director.
2. Only jerseys will be provided to each player by the Sports Director.

24-HOUR POLICY

1. The YMCA of Greater Dayton Sports Department DOES NOT permit ANY individual to confront a referee or YMCA Sports Official or Employee at ANY time. If a situation arises in which a referee's, coach's, parent's, player's, or employee's actions create a problem, allow yourself 24 hours to cool down.
2. After 24 hours have passed, contact the Sports Director if you still feel strongly that something should be done.

WEATHER

1. If a practice or game is canceled, YMCA Staff will contact all parents and coaches via TeamSideline. Coaches are encouraged to follow-up with their team about the cancellation in addition to the YMCA Staff's notification.
2. It is the coach's decision to cancel practice UNLESS the Sports Director determines that the weather is too severe or the court/field is unplayable. The Sports Director's decision supersedes the coach's decision.
    a. If the coach decides to cancel practice, the coach is responsible for contacting and informing all players and parents immediately. The coach MUST also contact YMCA Staff immediately.

INJURIES

Children are playing at their own risk. There will be physical contact in this game. It will be the intent of the officials and staff assigned to your game to provide a safe level of competition, however, injuries may occur. Teaching children the proper techniques and how to play the game correctly will minimize injuries. In the event of a severe injury, the YMCA will follow-up with all parties. Please make sure to communicate with us. We will assist to the best of our ability.

CONCUSSIONS

1. Please refer to the CDC website for further instruction about concussions.
    a. https://www.cdc.gov/headsup/resources/index.html

HEAD INJURY PROTOCOL

1. Assess the athlete and determine if they need removed from play.
2. DO NOT move the athlete if a spinal injury is suspected. Call EMS immediately. If the athlete goes unconscious at ANY time (even if only for a few seconds), EMS should be called.
3. Ensure the athlete is evaluated as soon as possible by an appropriate healthcare professional. If a Certified Athletic Trainer is on site, allow them to do the evaluation.
4. Accident report should be filled out by either staff or volunteer and given to the Sports Director the same day.
5. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussions.
6. If a concussion is suspected or the athlete is showing any concussion-like symptoms, the athlete should not return to play until symptom free and cleared by a healthcare professional including a Physician or Certified Athletic Trainer.

SUDDEN CARDIAC ARREST AND LINDSAY'S LAW

1. Please refer to the information sheet on the following pages.

Sudden Cardiac Arrest and Lindsay's Law

Information for the Coach



- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.

- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.

- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
    1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
    2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
    3) All practices, interschool practices and scrimmages

- Coaches have specific responsibilities under Lindsay's Law:
    1) Annual completion of the required SCA training course approved by the Ohio Department of Health
    2) Preventing the following students from participating in athletic activities until the coach receives written clearance by a licensed health professional. This written clearance must be shared with any school or sports official:
        a) A youth whose biological parent, sibling or child has previously experienced SCA
        b) Any youth athlete that experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play

- Any of these things may cause SCA:
    1) Structural heart disease. This may or may not be present from birth
    2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
    3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection

- Warning signs in a youth athlete's family that indicate the youth athlete may be at high risk of SCA:
    - A blood relative who suddenly and unexpectedly dies before age 50
    - Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart

- Warning signs of SCA. If any of these things happen with exercise, the youth athlete should be seen by a health care professional:
    - Chest pain/discomfort
    - Unexplained fainting/near fainting or dizziness
    - Unexplained tiredness, shortness of breath or difficulty breathing
    - Unusually fast or racing heart beats

- The youth athlete who faints or passes out before, during, or after an athletic activity MUST be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.

- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete MUST be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.

- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a health care professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.

- Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another healthcare provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.

- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.

- Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AED may be near the athletic facilities, or the AED may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.

- If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival:**

  ❖ Link 1: Early recognition
    - Assess child for responsiveness. Does the child answer if you call his/her name?
    - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"

  ❖ Link 2: Early CPR
    - Begin CPR immediately

  ❖ Link 3: Early defibrillation (which is the use of an AED)
    - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
    - If an AED is not available, continue CPR until EMS arrives

  ❖ Link 4: Early advanced life support and cardiovascular care
    - Continue CPR until EMS arrives

- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.

PRACTICES

U4 practices should not exceed 45 minutes.

U6, U8, U10, and U12 practices should not exceed one hour.

Be organized yet flexible with practice plans – plan ahead of time
- Warm up with light cardio
- Plenty of activity
- Maximum use of time, facility, and equipment
- Progress from simple to complex
- Make it a safe and fun environment for all

Give Explanations
- Clear and concise
- Short and to the point
- Be enthusiastic

Give Demonstrations
- Clearly visible and seen by all
- Repeated multiple times from all angles
- Ensure each player gets the same amount of attempts

Recruit parents to help during practice.

Always be positive, encouraging, and constructive.

Encourage athletes to arrive 10–15 minutes before practice time.

Leave the gym, court, field, and/or facility better than you found it.
- Double check that you have all of your personal belongings
- Make sure there is no trash left behind
- If there is a spill, tell a YMCA Staff member immediately

GAME DAY

During game play, remind players of:

- Which position is theirs
- Eye on the ball!
- How to run the bases
- Where to throw the ball
- Keep your head up, eyes up, and eyes open while playing
- HOW GREAT THEY ARE DOING!

Ensure different players get a chance to hit and play each position.

Keep track of time and your substitutions.

Be sure all athletes play an equal amount of time.

Explain something when they look confused, frustrated, or discouraged.

Encourage athletes to arrive 10-15 minutes before game time so they can get warmed up and the game can start on time.

Leave the gym, court, field, and/or facility better than you found it.

- Double check that you have all of your personal belongings
- Make sure there is no trash left behind
- If there is a spill, tell a YMCA Staff member immediately

RULES
ALL DIVISIONS

The Y believes in its philosophy of "Athletes First, Winning Second." Our Youth Sports Program is designed for all participants to grow in the areas of sportsmanship and physical fitness, as well as self-control, team effort, and skill development. It is a fun, instructional league where everyone plays and everyone wins! The following rules incorporate our philosophy into our Youth Basketball Program.

SECTION A: GENERAL LEAGUE RULES

1. The score will be kept for divisions U8 and older, but should not be emphasized.
2. League standings will not be kept.
3. Any concerns about the league by coaches or parents should be discussed with the Sports Director.
4. Field layout will be based on age appropriate dimensions.
5. Every player MUST play at least half the game unless there are issues with a player's attendance or attitude.
6. The visiting team will bat first.
7. Coaches for both teams OR YMCA Staff will umpire the game at the T-Ball level. YMCA Staff, a volunteer, or parent will umpire for the Coach Pitch and Kid Pitch levels.
8. Players will remain in the same batting rotation during the game. Coaches are encouraged to change the batting rotation for each game and to rotate players between positions every two innings during games.
9. At the T-Ball level, if a player is playing an infield position, they cannot go out to the outfield to make a play on the ball. If a player is playing an outfield position, they cannot go into the infield to make a play on the ball.
10. A batted ball must travel at least five feet in fair territory in order to be a valid hit. This will be a judgment call from the umpire and both coaches.
11. No stealing bases.
12. No leading off.
13. No throwing bats or helmets.
14. If a team is short of players on game day in the regular season, sharing of players between teams is allowed. Only registered players on the roster can play in the league.
15. Common sense and good sportsmanship should override any and all disputes.

RULES
ALL DIVISIONS

SECTION B: ATTIRE AND EQUIPMENT

1. Sports cleats are allowed and preferred, except for metal spikes. Regular gym shoes are allowed. Umpire will check prior to each game.
2. Youth baseballs, bats, and helmets will be supplied by the YMCA. Please note these are shared equipment.
3. Baseball gloves are required and should be used by all participants on the field.
4. While batting or base-running, participants MUST wear a batting helmet.
5. Baseball caps may be worn by participants.
6. T-Ball = Safe Soft Level 1 Ball
   Coach Pitch = Safe Soft Level 5 Ball
   Kid Pitch = Little League Baseball
7. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.
8. Official YMCA jerseys must be worn during play.

SECTION C: SPORTSMANSHIP

1. Any act of unsportsmanlike conduct, including the use of profane language and/or excessive physical play, may cause the removal of the offending player, coach, or spectator. Continuing abuse may cause dismissal from the league.
2. Excessive foul play may result in the player being ejected from the game based on the umpire's judgment. The umpire will talk with the players and coaches before a problem escalates to this level.
3. YMCA CORE VALUES (Caring, Honesty, Respect, and Responsibility) should be evident at all times by all in attendance including players, parents, friends, family, coaches, staff and officials.

RULES (T-BALL)

U4 DIVISION (AGES 3-4)

All games are governed by OHSAA Rules and Regulations unless otherwise specified below

SECTION A: TIME

1. 4 innings or no more than 1 hour in duration. A new inning will not start after 50 minutes of play. An inning is complete once the team goes through the entire batting order.

SECTION B: ATTIRE

1. Sports cleats are allowed and preferred, except for metal spikes. Regular gym shoes are allowed. Umpire will check prior to each game.
2. Youth baseballs, bats, and helmets will be supplied by the YMCA. Please note these are shared equipment.
3. Baseball gloves are required and should be used by all participants on the field.
4. While batting or base-running, participants MUST wear a batting helmet.
5. Baseball caps may be worn by participants.
6. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.
7. Official YMCA jerseys must be worn during play.

SECTION C: GAME PLAY

1. No scores or standings will be kept
2. The visiting team will bat first.
3. Number of Players on the Field: ALL players on the team will play the field every inning. There will be no catcher.
4. Coaches can be on the field during the game to help direct players, but they must remain out of play.
5. Only background checked coaches can be on the field or bench.
6. A batted ball must travel at least five feet in fair territory in order to be a valid hit. This will be a judgment call from the umpire and both coaches.
7. Coaches for both teams OR YMCA Staff will umpire the game at the T-Ball level.
8. Players will remain in the same batting rotation during the game. Coaches are encouraged to change the batting rotation for each game and to rotate players between positions every two innings during games.
9. If a player is playing an infield position, they cannot go out to the outfield to make a play on the ball. If a player is playing an outfield position, they cannot go into the infield to make a play on the ball.
10. All players on the offensive team will bat once each inning with no regard to number of outs recorded. An offensive player can be called out if a defensive player makes an exceptional play.
11. The bat head will remain on the ground until the ball has been placed on the tee by the coach. The coach will place the ball on the tee and adjust the height for each player.
12. Each player will be allowed 5 total swings off the tee.
13. No stealing bases.
14. No leading off.
15. No throwing bats or helmets.
16. If a team is short of players on game day, sharing of players between teams is allowed.
17. Common sense and good sportsmanship should override any and all disputes.

RULES (T-BALL/COACH PITCH)

U6 DIVISION (AGES 5-6)

All games are governed by OHSAA Rules and Regulations unless otherwise specified below

SECTION A: TIME

1. 4 innings or no more than 1 hour in duration. A new inning will not start after 50 minutes of play. An inning is complete once the team goes through the entire batting order.

SECTION B: ATTIRE

1. Sports cleats are allowed and preferred, except for metal spikes. Regular gym shoes are allowed. Umpire will check prior to each game.
2. Youth baseballs, bats, and helmets will be supplied by the YMCA. Please note these are shared equipment.
3. Baseball gloves are required and should be used by all participants on the field.
4. While batting or base-running, participants MUST wear a batting helmet.
5. Baseball caps may be worn by participants.
6. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.
7. Official YMCA jerseys must be worn during play.

SECTION C: GAME PLAY

1. No scores or standings will be kept.
2. The visiting team will bat first.
3. A team must start and end a game with at least 6 players. An adult volunteer will be used in place of a catcher.
4. The first half of the season will be t-ball. Players who are ready to transition to coach pitch can do so in the second half of the season. The coach will pitch to their own team at a distance no closer than 8 feet.
5. Players transitioning to coach pitch will receive up to 5 pitches from their coach and be allowed up to three swings off the tee if necessary.
6. Coaches can be on the field during the game to help direct players, but they must remain out of play.
7. Only background checked coaches can be on the field or bench.
8. A batted ball must travel at least five feet in fair territory in order to be a valid hit. This will be a judgment call from the umpire and both coaches.
9. Coaches for both teams OR YMCA Staff will umpire the game at the T-Ball level.
10. Players will remain in the same batting rotation during the game. Coaches are encouraged to change the batting rotation for each game and to rotate players between positions every two innings during games.
11. If a player is playing an infield position, they cannot go out to the outfield to make a play on the ball. If a player is playing an outfield position, they cannot go into the infield to make a play on the ball.
12. 3 outs or batting through the rotation (whichever comes first) will determine a change from offense to defense.
13. Ball is in play until the ball is controlled at a base or the official calls time. Players are allowed to run one additional base on an overthrow unless the official states otherwise.
14. If the final batter hits a "good" hit, the two-base rule comes into play for any additional runs scored for the team. Once the final batter hits the ball, the remaining players run the bases. This does not come into play if the defensive team gets 3 outs before the final player in the rotation bats.
15. No stealing bases.
16. No leading off.
17. No throwing bats or helmets.
18. If a team is short of players on game day, sharing of players between teams is allowed.
19. Common sense and good sportsmanship should override any and all disputes.

RULES (COACH PITCH)

U8 DIVISION (AGES 7-8)

All games are governed by OHSAA Rules and Regulations unless otherwise specified below

SECTION A: TIME

1. 5 innings or no more than 1 hour in duration. A new inning will not start after 50 minutes of play.

SECTION B: ATTIRE

1. Sports cleats are allowed and preferred, except for metal spikes. Regular gym shoes are allowed. Umpire will check prior to each game.
2. Youth baseballs, bats, and helmets will be supplied by the YMCA. Please note these are shared equipment.
3. Baseball gloves are required and should be used by all participants on the field.
4. While batting or base-running, participants MUST wear a batting helmet.
5. Baseball caps may be worn by participants.
6. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.
7. Official YMCA jerseys must be worn during play.

SECTION C: GAME PLAY

1. Scores will be kept.
2. The visiting team will bat first.
3. A team must start and end a game with at least 6 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
    a. Players are not required to sit at least half the game.
4. Only background checked coaches can be on the field or bench.
5. A batted ball must travel at least five feet in fair territory in order to be a valid hit. This will be a judgment call from the umpire and both coaches.
6. YMCA Staff, a volunteer, or parent will umpire for the Coach Pitch and Kid Pitch levels.
7. Players will remain in the same batting rotation during the game. Coaches are encouraged to change the batting rotation for each game and to rotate players between positions every two innings during games.
8. 3 outs or 5 runs (whichever comes first) will determine a change from offense to defense. Strikeouts count as an out.
9. Ball is in play until the ball is controlled at a base or the official calls time. Runners may advance one base on an overthrow.
10. Each player may receive up to 7 pitches from their coach unless they foul tip on a final swing. Players are able to strikeout.
11. Coach will pitch to his team at a distance no closer than 8 feet.
12. No stealing bases.
13. No leading off.
14. No throwing bats or helmets.
15. If a team is short of players on game day, sharing of players between teams is allowed.
16. Common sense and good sportsmanship should override any and all disputes.

RULES (KID PITCH)

U10 DIVISION (AGES 9-10)

All games are governed by OHSAA Rules and Regulations unless otherwise specified below

SECTION A: TIME

1. 5 innings or no more than 90 minutes in duration. A new inning will not start after 80 minutes of play.

SECTION B: ATTIRE

1. Sports cleats are allowed and preferred, except for metal spikes. Regular gym shoes are allowed. Umpire will check prior to each game.
2. Youth baseballs, bats, and helmets will be supplied by the YMCA. Please note these are shared equipment.
3. Baseball gloves are required and should be used by all participants on the field.
4. While batting or base-running, participants MUST wear a batting helmet.
5. Baseball caps may be worn by participants.
6. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.
7. Official YMCA jerseys must be worn during play.

SECTION C: GAME PLAY

1. Scores will be kept.
2. The visiting team will bat first.
3. A team must start and end a game with at least 6 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
    a. Players are not required to sit at least half the game.
4. Only background checked coaches can be on the field or bench.
5. A batted ball must travel at least five feet in fair territory in order to be a valid hit. This will be a judgment call from the umpire and both coaches.
6. YMCA Staff, a volunteer, or parent will umpire for the Coach Pitch and Kid Pitch levels.
7. Players will remain in the same batting rotation during the game. Coaches are encouraged to change the batting rotation for each game and to rotate players between positions every two innings during games.
8. 3 outs or 5 runs (whichever comes first) will determine a change from offense to defense. Strikeouts count as an out.
9. Ball is in play until the ball is controlled at a base or the official calls time. Runners may advance until stopped if the ball stays in play. Runners may advance one base if the ball is thrown out of play by an infielder. Runners may advance two bases if the ball is thrown out of play by an outfielder. If teams do not have enough players to play the outfield, then BEFORE THE GAME STARTS, the umpire can make a recommendation as to the most fair way to handle overthrows to the outfield. Both coaches must agree.
10. Pitchers may not throw more than 50 pitches per game.
11. Pitcher must pitch from a distance of 35-40 feet from the pitching rubber to home plate.
12. No stealing bases.
13. No leading off.
14. No throwing bats or helmets.
15. If a team is short of players on game day in the regular season, sharing of players between teams is allowed.
16. Common sense and good sportsmanship should override any and all disputes.

SECTION D: NO WALKS

1. Batters CANNOT reach first base on a walk. Ball 4 does NOT entitle the batter to first base but results in the coach pitching to their own batter. The number of pitches that can be thrown by the coach is determined by the number of remaining strikes left on the batter at the time of Ball 4.

   The coach pitcher must not come onto the field until the play is over. There is no stealing or bunting when there is a coach pitcher on the field. The coach pitcher MUST stay completely quiet once a ball is pitched/put in play while on the field in fair territory. The coach pitcher can talk to the batter before the pitch.

   If the batter has no strikes, then up to 3 pitches can be thrown. If the batter has 1 strike, up to 2 pitches can be thrown. If the batter has two strikes, then one pitch can be thrown. The coach pitcher must be on the field of play directly between home plate and second base but WITHIN THE PITCHING CIRCLE. When the coach comes out to pitch to the batter, the batter will retain the number of strikes they had when Ball 4 was thrown.

   The coach pitcher will pitch until:
   1. The batter strikes out swinging (no called strikes when a coach pitches),
   2. The batter puts the ball in play, or
   3. The batter does not make contact on the last allowable pitch from the coach.

   If the batter fouls off the last allowable pitch, they may continue to bat until either A, B, or C occurs.

   A coach pitch will be declared unhittable if it is thrown over the batter's head, below the batter's ankles, or more than 2 ball widths on either side of the plate. An unhittable pitch will only come into play on the last allowable pitch and is a judgement call made by the umpire. No more than 2 unhittable pitches are allowed per batter.

2. **Coach Pitch Interference**
   If interference occurs, a dead ball will be declared. All runners must stop and return to the base they occupied just before the interference occurred. Interference qualifies as:
   1. Touching the ball in play,
   2. Being in the way of a player trying to field/catch the ball, or
   3. Being in the way of a player trying to throw the ball.

3. **Coach Pitcher Hit by Batted Ball**
   The coach pitcher must make every attempt possible to get out of the way of a hard-hit ball directly back up the middle. If the umpire determines the ball was hit too hard for a coach pitcher to get out of the way, then:
   1. "dead ball" is declared and the play stops,
   2. The batter is awarded first base, and
   3. Any additional runners will advance ONLY if forced by the batter/runner.

   If the umpire determines the coach pitcher could have gotten out of the way, default to the Interference section above.

HEAT INDEX POLICY

Heat Index of 90 degrees and above = MANDATORY full 5-minute water breaks every 15 minutes
Heat Index of 95 degrees and above = MANDATORY full 5-minute water breaks every 15 minutes
Heat Index of 100 degrees and above = Activities are CANCELLED

