

## **Manchester/Essex Little League AA Guidelines**

Thanks for coming to the Parade. Here are a few ideas for a successful season.

Players must bring a glove. Rubber baseball cleats are recommended but not required. Little League rules require all players to wear athletic cups.

Practices should be devoted to teaching fundamentals. At this level many kids need to learn the various positions and the relationship between the outfielder and the cutoff man for example. Each practice should include instruction on the following: Batting, Throwing, Pitching, Fielding, Base Running, and other situational plays (hitting the cutoff man).

Keep the drills moving quickly and in small groups. Moving equals fun. Lectures equal torture to these little dynamos. There are examples of drills and plenty of information at the Website, “**myteam.com**” which we will pass along to the coaches for their practices.

### **Goals**

- \* Safety and Fun
- \* Sportsmanship and Fun
- \* Skills and Fun

### Good Sportsmanship

- \* The coaches shall lead Team spirit, cheering for teammates and support. Name-calling, booing, etc. shall be **strongly discouraged** by the coaches.
- \* After games both teams will line up and shake hands with the opposing team.
- \* All players shall have opportunities to learn and play infield and outfield positions.

### Safety

- \* Little League rules **do not allow on-deck batters to swing a bat.**
- \* Only batters should be using bats with a coach's permission. **No one else may touch a bat.**
- \* Bat throwing is not allowed. **Safe batting techniques are mandatory.**
- \* Any coach should stop any child who is swinging a bat without a coach's permission.
- \* All base runners and batter will wear batting helmets.
- \* Catchers will wear catching equipment: Helmet with facemask, chest protector etc.
- \* Coaches will keep players waiting to bat at a safe distance from the batter and the on-deck batter.
- \* **For safety reasons, only players and coaches are allowed on the field.**

### **Game Guidelines**

- \***All pitching at AA is done by the players. Any player interested in pitching should have the opportunity to do so at practice. However, the players may need to demonstrate the ability to throw strikes during practice before getting into a game situation.** During a game, the coach should step in and pitch to a batter if it is apparent that the pitcher is not putting the ball over the plate (maybe 8-10 balls?). After that, the coach may bring in another pitcher to continue the inning
- \***We will use umpires in games (coaches) to call balls and strikes, however we will start the season with no walks and move towards allowing walks (maximum 3 walks/inning) by mid-season.**
- \*Umpires (positioned behind pitcher) are *really* coaching at this level and will need to be supportive of the pitchers/batters. **Use your discretion with each batter to promote an understanding of the strike zone. This may mean allowing a batter to take some called strikes during an at bat without calling him out. A batter has struck out, however, when he swings and misses at three pitches.**
- \* There should be a coach/umpire behind the mound (with supply of balls) and the plate (behind catcher) to keep the game moving along.
- \* No stealing, sliding or leading off of bases.
- \* **Score keeping is allowed but should not be over emphasized at this level. To keep the game moving, a team's at bat is finished upon; the recording of 3 outs, the side has batted, or a maximum of 5 runs has been scored.**
- \* One base advancement for an over thrown ball.
- \* 3-4 innings will be the likely length of each game.
- \* All players should be in the field. No one should be sitting on the bench.
- \* It is okay to change pitchers or first basemen during an inning.