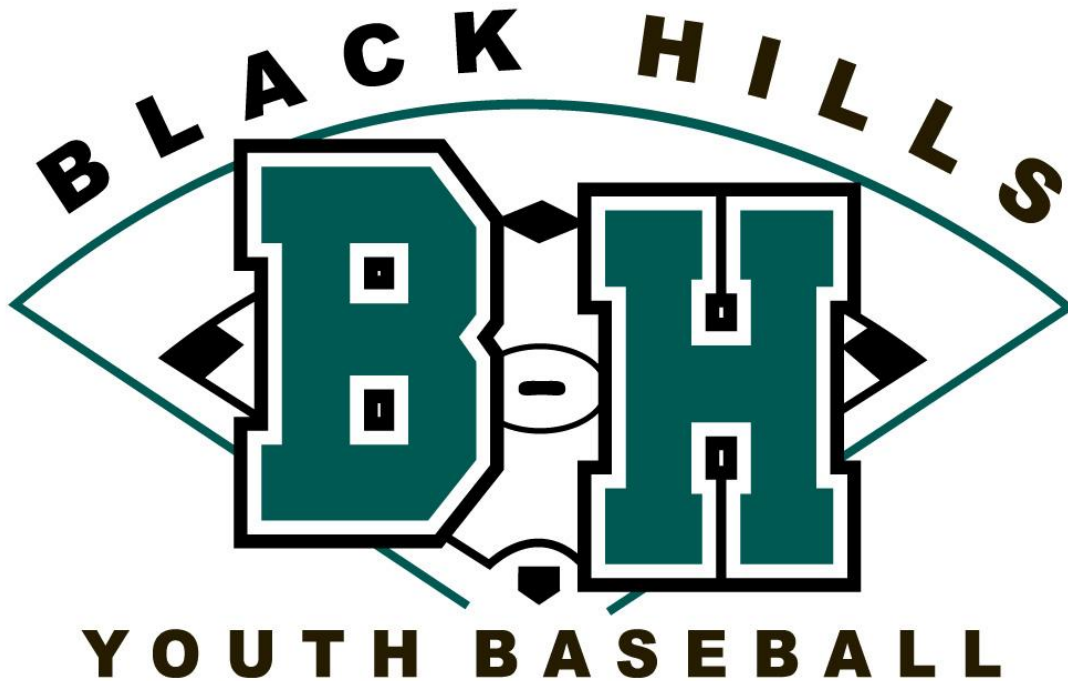


BLACK HILLS YOUTH BASEBALL

**CAL RIPKEN BASEBALL
A DIVISION OF BABE RUTH**



2010 SEASON

Updated April 1, 2010

PLAYERS AND/OR COACHES BEHIND THE PLATE

Under no circumstances or for any reason will any player or coach be behind the plate when another player or coach is pitching to a batter unless they are in full catcher's gear.

RAIN-OUT PROCEDURES

Check the Skyhawks website at www.bucknellpark.com for information on Skyhawks Park. Field information will be available between 4:30. If you arrive at the field and weather conditions have changed, a determination between coaches and umpire will be made on whether to play. Rainout information for Skyhawks Park fields will be posted on the Skyhawks website and the Skyhawks Park voice mail at 459-8735. **ROOKIE MANAGERS/COACHES:** Please remember that the decision whether or not to play a game at Homann, or Wonderwood parks is up to the managers and coaches scheduled to play that night. Unfortunately the Board doesn't have anyone available to check these parks each evening for playability. **There are no makeup games rescheduled for rainouts for regular season games. If a team chooses to makeup and play a rained out game, it will be at their own expense for field and umpire. If the teams choose to makeup a rainout on their own time and expense, it will not count as a league game and scores will not be accepted. Any changes to this policy will be at board discretion only.**

OPENING DAY – MARCH 27, 2010

Opening day will be held at Skyhawks Park on March 27, 2010. Opening ceremonies will commence at 9:00am. Coaches must have their players on the field in full uniform at 8:30am. Opening day games are exhibition only and do not count in season standings. All of the divisions, Rookie through Majors, will play their opening day games at Skyhawks. If participating in the fundraiser by selling the fundraising cards, your \$100 is due to your coach or a board member by March 20th. If the funds are not received by then, the player will be unable to participate in any games until full amount is received.

If there is a rain-out for Opening Day, every attempt will be made to re-schedule games on Sunday. Please make certain your players are available.

FUND RAISER

It is the manager's responsibility to collect fundraiser monies for those players who participate in the fundraiser. Lisa Furman is the league fundraiser manager, and will be collecting any final funds at MVP Athletic on March 20, 2010 from 10-12. More information to follow from your division Rep. We will be offering prizes again this season. The prizes will be awarded at Opening Day Ceremonies.

UMPIRES – IF THEY DON'T SHOW

If the umpire does not show and fields are playable, make every attempt to play the game. Coordinate with the opposing team coaches for umpiring. **Official Coaches, Managers and Board Members** are eligible to umpire – you may NOT have a parent umpire your game. Please let a Board member know if an umpire doesn't show.

EQUIPMENT

Each team will receive a bag with equipment for the season. It is the manager's responsibility to make certain this equipment is returned to the league at the end of the season. Please be prepared to return the bag at the year-end tournament. It is the manager's responsibility to make certain this equipment is returned to the league at the end of the season. **THIS INCLUDES USED BASEBALLS/WIFFLE BALLS.** The pitching machines and generators are reserved for Rookie team use only. Our equipment manager is David Parr. If you have questions, you can call the league answering machine, (360) 292-4030 or use the web site email option at www.bhyb.org.

LOCAL LEAGUE REMINDERS:

PLAYER HAS TO LEAVE THE GAME EARLY OR IS INJURED DURING THE GAME: If a player has to leave a game before the end of a game he is **not** an automatic out when it is his turn to bat provided that the coach notifies the opposing coach prior to the beginning of the game that the player will be leaving early, or, the player is **not** an automatic out if the player leaves the game due to an injury and does not return to the game. If a player leaves the game early and the coach has not notified the opposing coach the player **will be** recorded as an automatic out when it is his turn to bat in accordance with Major League Rules. **If a Manager/Coach lists a player in the lineup, provided to both umpire and opposing team, and that player does not show up when it is their turn at bat and the opposing coach and umpire are not notified, that batter will be an automatic out at the first pitch to the next batter. Once the opposing team and/or umpire notices the absence of the batter and they have not been notified, that batter is out and will remain an automatic out each time he does not come up to bat. If the umpire and opposing team are notified that the batter has not show up – PRIOR TO THE BATTER'S AT BAT – then the batter can be removed from the lineup, without being an automatic out.**

STEALING – (when batter doesn't hit the ball) Base runners shall not leave their bases until the ball has been delivered and has reached the batter. If runner does leave early (umpire Judgment call), the runner returns to the base he/she occupies prior to the delivery of the pitch. The team will get one warning. After the first warning, the runner will be called out if he/she leaves the base before the ball has reached the batter. Each team will receive one warning. **This paragraph does not apply to Majors.**

HIT AND RUN – There will be no “coach called” hit and run where the base runner is told to leave the base before the pitched ball reaches the batter, **except for the Majors.**

BALKS – Currently, we are enforcing a balk rule **for Majors only.**

THIRD STRIKE – The batter is out when a third strike is caught or not caught by the catcher, except for in the Majors where the batter may attempt a advance to first base, if first base is unoccupied according to MLB rules.

BAT – A bat used in league play may not exceed 33” in length, nor have a barrel in excess of 2 ¼ inches in diameter. No wooden bats or “Big Barrel” bats are allowed.

THROWN BAT – First thrown bat by a player and the player shall be warned. Second thrown bat by the **same** player and the batter shall be called out (umpire judgment call).

EJECTIONS – Any manager, coach or player ejected from a game must leave the park or school grounds (not within sight or sound) immediately and may not return to those premises for the remainder of said game. Failure to do so will result in a forfeit of the game by the team associated with the offending coach or player. If player is ejected, that player is ineligible to play in the next league game, but must be in full uniform and on the bench for the entire game. No board review for any player ejected – umpire is the final call.

MANAGER/COACHES – If a manager or coach is ejected from a game, the coach must leave the park or school grounds (not within sight or sound) and the Board shall consider the coach suspended until the Board meets with the coach. The Board shall discuss and review the situation prior to the coach's next game. They will interview the Manager/Coach to determine if further suspension is warranted. The Board may consider a second ejection as a league resignation from the manager or coaching position.

INNINGS FOR ALL PLAYERS – All players must play a minimum of three (3) complete innings per game in league play (nine defensive outs). **EXCEPTIONS:** Games shortened due to weather, darkness, league time limit, or disciplinary action.

INNINGS FOR PITCHERS – No more than six (6) innings per week (week begins Monday – ends Sunday). If a pitcher delivers one (1) pitch in an inning, that pitcher shall be charged for one inning pitched. If a pitcher pitches in more than two innings in any one game, that pitcher must have two (2) calendar days rest before their next pitching assignment. For example, if a pitcher pitches in more than two innings on Monday they may not pitch again until Thursday. The two day calendar rest rule also applies to Sunday makeup games such that if a pitcher pitches more than two innings on Sunday they may not pitch again until Wednesday. **IMPORTANT:** Please pay attention to pitch counts for your players. A pitch count guideline is attached that outlines the recommended maximum number of pitches by age. **All manager/coaches – please understand this rule, as this rule is the #1 reason for forfeits – so if you have any questions, please ask your division rep.**

REPORTING PITCHING RECORDS: Both teams must use the email function on our web site, www.bhyb.org, to submit game score and pitching records. If no score, no credit for win. Score must be emailed no later than 9:00am the day following the game. All Minor through Major division teams are responsible for reporting pitching records for their own team as well as the opposing team when submitting the score. **If a team does not turn in both teams' scores and pitching records by 9:00 a.m. the following day (per the Bylaws), the opposing team's pitching record will stand and the pitchers that pitched according to the opposing team records will not be allowed to pitch in the next game. If they do, it will be an automatic forfeit. This will be the penalty for not turning in records, per league regulations.**

PITCHING – 11 and 12 year olds in the Minor Division may not pitch.

10-RUN RULE – A 10-run rule is in effect for all divisions. If after four innings a team leads by 10 or more runs, the game ends. If the home team is ahead by 10 after 3½ innings, the game ends.

REGULAR SEASON TIE GAMES – If tied after 6 innings (4 innings if game is called), the game shall be recorded as a “tie game” – no additional innings will be played.

FREE SUBSTITUTION of players in all Divisions, with the exception of pitchers, pitchers are subject to major league baseball substitution rules. Only the starting pitcher may return as a pitcher in the same game, as long as that pitcher completed his last pitched inning.

BAT THE LINEUP in all Divisions. The batting order, as submitted to the umpire at the beginning of the game, remains the same throughout the game. Teams in the Majors do not have the option of “batting nine and playing nine” as they will bat their lineup in each game.

SLIDING HOME – There is no “must slide” into home rule.

HEAD FIRST SLIDING – Not Allowed unless going back to previously occupied base.

NECKLACES/JEWELRY - **not allowed**, even the breakaway stuff.

MINORS/ROOKIES - 5 RUN RULE - first 3 innings 5 run limit, 4th, 5th, 6th innings open

GAME TIMES AND GAME LIMITS

All game times are posted on the league game schedule. Please start all games ON TIME.

On Lighted Skyhawks Fields:

For first game (5:45 pm) **NO** pre-game infield/outfield practice and no new inning after 1½ hours, or 1¾ hour for the Major division, including no pitcher warm-ups on the mound, prior to the game. Whether or not to play another inning is determined by the time the third out was recorded in the inning, not when the pitcher is ready to face the first batter.

For second game (7:30 or 7:45 pm): **NO** pre-game infield/outfield practice and no new inning after 1½ hours, or 1¾ hours for Major division, including no pitcher warm-ups on the mound, prior to the game. Whether or not to play another inning is determined by the time the third out was recorded in the inning, not when the pitcher is ready to face the first batter.

Umpire or designee will keep time. Scorekeepers – please make sure that you receive the start time from the plate umpire and also the end time and it is noted in your book – this is the responsibility of the home book. The home book must be signed by the plate umpire at the end of the game.

REGULATION GAME – A regulation game is 6 innings or 4 innings if the game is called – 3 ½ innings if the home team is ahead.

COACHES RESPONSIBILITIES

Read the Official Baseball Rules Book and the Rules and Regulation, Cal Ripken Division book.

Maintain an accurate scorebook, including pitchers’ names, jersey numbers and number of innings pitched for both teams.

Home team is to have the umpire sign their scorebook at the end of each game. **Home team occupies the 1st base dugout during games.**

Each team is responsible to clean up the litter in the dugout and team bench area after the game.

GAMES HELD AT WONDERWOOD PARK, HOMANN PARK

Home team is responsible to prepare the field; strip foul line, coaches' boxes and on-deck circles, and place bases. At NTHS fields, place pitching rubber at 46' (from back of home plate to front of pitcher's rubber.)

Visitor team is responsible at the end of the game to put all equipment (bases, pitcher's rubber, striper, etc.) back into red metal lock boxes. Double check that all equipment is in box. NOTE: Check marking line (for striper). If less than one bag, call league voice mail (identify which field needs marking lime). **Make sure equipment box is locked.**

Your League Board for the 2010 Season

Pete Peppley	President
Steve Kosmider	Vice-President
Selene Bolibol	Secretary
Lisa Furman	Treasurer
David Parr	Equipment Manager
Patty Parr	Uniforms/ Photos
Rich Taylor	Minor League Rep
Jacqui Gibbons	League Scheduler
Stephanie Murski	Registrar
Sonja Craddock	Rookie Registrar
Bonnie Zalesky	Rookie Division Rep.
Kory Young	Rookie Division Rep.
Gwen Gua	Major/Minor Division Rep
Randy Thompson	Major Rep
Jim Greene	Bylaws / Equipment

If you need to contact any of the Board members, please leave a voice mail on our league answering machine (360) 923-5366 or use the email option on our web site www.bhyb.org.

Major Coaches

Angels	Pete Peppley, Steve Stark, Rich Milligan
Braves	Doug Kay, Dan Sallee, Al Connell
Cubs	Dave Jones, Matt Stroup, Brad Brewer
Indians	Dan Christoffer, Jeff Birbeck, Jim Billings
Mariners	Stan Carlton, Scott Hetrick
Padres	Randy Pullar, Mike Chase, Tano Bailon
Red Sox	Mike Gibbons, Jim Jenkins, Joe Valdez
Yankees	Kevin Ashby, James Cain, Jeff Lewis

Major/Minor Coaches

Athletics	Steve Kosmider, Dave Kincy, Chris Fulton
Blue Jays	Robert Dayton, April Brathovd
Cubs	Mark Torres, Chris Hesse
Diamondbacks	Kory Young, Rich Taylor, John Behrens
Dodgers	Aaron Collier, Clint Eich, Scott Paquin
Mariners	Thor Nielsen, Marc Julagay, Dave Jones
Red Sox	Jimmy Williams, Eldon Walter, Paul Bailey, Randy Thompson

Minor Coaches

Blue Jays	Brian Halseid, Mark Steepy, Gary Larson
Brewers	Steve Furman, Rodney Joubert, Jim Mahon
Giants	Kelly Palmer, Jeff Worgum
Mariners	Bill Kirkwood, Brando Kirkwood, Jim Weston
Pirates	Glen Rossi, Jeff Klein, David Beckenhauer, Aaron Steele
Reds	Tom Crabill, Herb Guscott, Brian Casperson
Yankees	Jay Burney, Rick Craddock, Vance Lawton

Rookie Coaches

Athletics	Kyle Miller, Tony Gallegos
Cardinals	Todd Kassler, Melissa Gum, Jason Hindberg, Mark Bradley
Cubs	Rob Martin, Art Uchytel, Jacob Clark
Giants	Steve Taylor, Kat Sandstrom, Mike Potkonjak, Craig Wilson
Mariners	Will Halstead, John Darby, Michael Dahl, Andrea Caldwell
Padres	Lisa Jones, John Behrens, Jeff Whitt, Shawn Prescher
Phillies	Dayle Anderson, Grant Lindstrom, Ken Joubert, Brian McGuire

PITCHING GUIDELINES

A child can start throwing a fastball at 8, change-up at 10, and curveball at 14 or 15.

Suggested Pitch Counts

Age	Maximum Pitches / Game	Maximum Games / Week
8-10	52	2
11-12	68	2

Suggested Recovery Times

Age	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest
	Number of Pitches Thrown			
8-10	21	34	43	51
11-12	27	35	55	58

Recommended Age For Learning Various Pitches

Fastball	8
Change-up	10
Curve ball	14
Knuckleball	15
Forkball	16

It is not recommended you teach either a forkball or slider to a high school pitcher. Both can be very stressful on the elbow.

**BLACK HILLS YOUTH BASEBALL
CAL RIPKEN DIVISION OF BABE RUTH**

FIRST AID TIPS

SYMPTOMS:

HEAD AND NECK INJURIES: Tingling, loss of feeling, impeded breathing, loss of alertness.

DO: Call 911, ensure victim is breathing, keep athlete still, warm, and calm. Alert parents and pass on important information to medics. Emergency contact information will be given to coaches.

DO NOT: Do not remove any headgear. Do not move or leave athlete unattended.

BLEEDING: Obvious bleeding, swelling, or redness indicating internal injuries.

DO: Apply clean cloth, compression and elevation of wound. Call 911 if bleeding is severe or persists.

DO NOT: Do not remove compress or allow dirt in the wound. Do not panic.

SHOCK: Weakness, nausea, dizziness, rapid weak pulse, pale clammy skin, rapid shallow breathing.

DO: Call 911 immediately. Make sure athlete can breathe easily. Elevate legs about a foot above head (if athlete can be moved without injury) and cover.

DO NOT: Do not allow fluid or food intake. Do not let athlete return to competition without a medical exam.

NOSE BLEED:

DO: Sit athlete down and have him/her lean forward. Apply cold compress to nose. Pinch nostrils if bleeding persists, get medical attention.

DO NOT: Do not obstruct nasal passage or allow nose to be blown for several hours.

ABRASIONS (STRAWBERRIES): Top layer of skin scraped off, bleeding, ingrained dirt.

DO: Clean out area with soap and water, remove dirt, blot and cover wound with sterile bandage.

DO NOT: Do not treat as an abrasion if cut is deeper than the top layer of skin.

KNEE OR ANKLE INJURY: Sprain or pull to knee or ankle ligaments and tendons.

DO: Apply R.I.C.E. treatment (rest, ice, compression, elevation) and see an expert if pain or swelling is severe.

DO NOT: Do not move injured joint or allow athlete to walk it off.

BROKEN BONES: May hear pop or snap, swelling, tenderness.

DO: Immobilize injury, apply ice, transport to hospital or call 911 if you are unsure about moving the athlete.

DO NOT: Do not attempt to straighten injured limb, allow athlete to move, or allow dirt into any injured area.

FINGER DISLOCATIONS: Deformity, severe pain and swelling.

DO: Apply ice, elevate, and immobilize finger(s). Have a doctor check the limb.

DO NOT: Do not attempt to relocate the finger(s), or assume the injury is minor.

WHEN IN DOUBT CALL 911 FOR HELP

R.I.C.E. The acronym for Rest, Ice, Compression, and Elevation is a good way to remember the four steps for immediate injury care and management.

REST Limit movement of the injured muscle, tendon, or limb and never play hurt. It's not in your best interest.

ICE Apply ice immediately after the injury for 10-15 minutes at half hour intervals. Ice stops the swelling and reduces the pain. Continue using ice for the first seventy-two hours (3 days) following the injury.

COMPRESSION: Applying pressure to the injured area. Elastic bandages work well, but make sure the pressure will not cause pain or cut off the blood flow. When using ice, wrap the skin first, apply the ice pack, and then continue to wrap over the ice to achieve compression.

ELEVATION: Especially when bleeding, elevation is crucial in reducing swelling and blood loss. Raise the injured area above the heart level so that the blood flows downward. If an injury occurs below the heart, lay down and prop feet up so the heart is lower than the injury.

Black Hills Youth Baseball
Rookie Division Rules
Revised as of April 1, 2010

1. Players must turn 7, 8, or 9 on or before April 30th of that calendar year. Exceptions will be made at Board discretion.
2. Player rosters will consist of 12 players per team (maximum 15 with board approval). **Only 7 players shall be frozen and the remaining players will be assigned to the team by the Rookie Registrar, based on attending school district. All 7 players will be given by the manager, unless there is no manager for the team at the time that the team is formed – then the 7 will be assigned by the Rookie Registrar.**
3. **No more than 1 manager and 3 coaches allowed for any one team.**
4. All players will be placed in the batting order.
5. Fielder will consist of four (4) infielders and four (4) outfielders, a catcher and a pitcher. Outfielders must remain in outfield (grass area, not on infield dirt) until ball is hit.
6. The catcher will wear all catchers' protective gear and assume the normal position.
7. The pitcher will be placed on either side of the pitching machine for fielding purposes. The pitcher must also wear a batters helmet with facemask.
8. The most center part of the pitching machine will be placed at 46 feet unless the machine is not able to deliver a slower speed at that distance. The machine may be moved closer only to accommodate a slower speed. Each machine is different. The idea is to make the ball as hittable as possible which means a nice flat pitch from 46 feet. To do this usually requires a speed of approx 38 - 45 mph. Both coaches must adjust the machine and approve the speed and pattern of delivery prior to the start of the game. Please only adjust the machine ONCE at the beginning of the game and then have the hitter move up or back in the batter's box, rather than moving the machine itself during the game. You want to avoid adjusting the machine after initial setup if possible.
9. **No player may play more than two (2) innings at one position.**
10. Coaches should try to divide playing time between infield and outfield positions for all players.
11. All players should play each position at some point during the season. The only exception is of course where there is a safety issue.
12. There is free substitution for the team in the field.
13. No one player should sit on the bench (when his/her team is in the field) for more than **two** innings.
14. An inning is considered over after three (3) outs or when 5 runs are scored.
15. No new inning shall be started after 1 hour and 30 minutes. A new inning start time is considered at the time the third out was recorded in the last inning, not when the pitcher is ready to face the first batter.
16. Both coaches shall agree as what the actual start time is.
17. The last inning played will be an open inning with no 5 run limit. Games will be played until a winner is determined (unless there is a tie). If the game can not be finished due to weather or light the game will be finished at a later date. Regular rules still apply.
18. A 10-run rule is in effect, if at the end of the 4th inning a team is up by more than 10 runs the game is considered complete.
19. Games are six (6) innings. There are no extra innings, so ties are possible.
20. Each player gets a maximum of five (5) pitches. Batter is not out on a 5th pitch foul ball unless caught by the catcher in the air. **A pitch that hits the plate or is above the batters head is not a strike unless the batter swings at the pitch.**
21. Stealing or leading off is not allowed.
22. There is no infield fly rule.

23. Any batted ball that hits the machine is a dead ball. Runners may only advance to their intended bag. A thrown ball that hits the machine is treated the same.
24. On any play in the field, a base runner may advance one base on an overthrow and there may be only one overthrow per play. The play will then be considered dead.
25. For a runner to advance more than one base per play they must be at least halfway to the next base prior to the ball being controlled in the infield by any fielder. If the fielder attempts to throw or tag a runner trying to advance or return to base, the play is still considered live. 3' lines at the $\frac{1}{2}$ way point between each base path may be marked on the field to assist the coaches.
26. No intentional bunts are allowed. The batter must make a full swing at the ball.
27. Safety bags at first base must be used.
28. All players must be properly equipped.
29. Home team sets up the field, including the machine, lining the bases and creating an on deck circle. The visiting team puts everything away. The home team also supplies (2) two game balls.
30. The on-deck batter goes in the batting circle behind the hitter.
31. Coaches with the team at bat will feed the machine and will also be the on field umpire. Base coaches may assist with foul or fair balls only and should **not** give any signals for safe and out calls on the base paths. **The field umpire is the coach feeding the machine and his/her ruling is final.**
32. Teams must have a minimum of 8 players to play a game or the game will be a forfeit.
33. All standard baseball rules apply.
34. If you have a question, please consult your Rookie Division Representative for a clarification.