

## **About the Fall Baseball League**

Welcome! Thanks for participating in our FALL BASEBALL LEAGUE through the Nebraska Baseball Academy. We appreciate all of the regional baseball enthusiasts who are going to make this fall a great experience for our participants. The purpose of the FALL BASEBALL LEAGUE is simple – to provide an opportunity for baseball players who wish to improve their skills in the off-season. The Fall League is a time to build and refine skills so that you are ready to improve your performance for next season. While we want all players to

play hard and compete with their best efforts, you will notice that we will not keep individual statistics. Our focus will be skill refinement and improvement through competitive game experiences.

## **Nebraska Baseball Academy Goals**

- To educate parents, players and coaches with only the best baseball instruction in the region, utilizing the same fundamental approach and principles as taught in the Nebraska Baseball program.
- To emphasize the importance of coaching and parenting using the principles of positive youth development.
- To equip coaches and parents with the information needed to help players and teams experience success and grow their love for the game.

## **Coach and Parent Expectations**

We expect you to conduct yourself in a positive and supporting fashion, demonstrating only the best sportsmanship and encouragement for the players. Nebraska Baseball has established an excellent reputation throughout the country not only as an elite program, but also as having coaches, players and fans known for their consideration and class act. Our expectation is that you continue to help us build this tradition in our Fall program.

## **2010 Nebraska Baseball Academy Fall League**

### **Fall League Registration/Roster Deadline**

**Monday, August 9**

**\*Midnight for on-line registrations**

**\*4pm for all hard copy registrations**

### **MANDATORY Coaches Meeting/Clinic**

**Sunday, August 29**

**2:00 – 4:30pm**

**Haymarket Park**

**(See more information below)**

### **Schedules/Rosters Released to Participants**

**Monday, August 30**

### **Fall League Dates**

**Sundays: September 12, 19, 26; October 3, 10**

### **Make-Up Date**

**Sunday, October 17**

*Coaches -*

We expect you to take the opportunity to focus on instruction. The Fall Baseball League is designed for participants to learn more about baseball, stay in off-season shape and to maintain and/or expand their playing ability. We want our coaches to teach competition but not at the expense of sportsmanship. We want you to teach HUSTLE.

*Parents –*

We would ask the parents to provide the necessary encouragement to handle the “ups and downs” of baseball. We hope you will provide your child with the ownership and accountability needed to cope with the challenging days and be humble on the “4 for 4” days. The journey our kids take are made by the skills we give them daily.

**IMPORTANT**

IF ANY PLAYER, COACH OR PARENT IS EJECTED FROM A GAME BY THE UMPIRE OR BY THE SITE DIRECTOR OR BY ANY MEMBER OF THE NEBRASKA BASEBALL ACADEMY STAFF, YOU WILL BE IMMEDIATELY EJECTED AND PERMANENTLY BANNED FOR THE REMAINDER OF THE FALL BASEBALL LEAGUE – NO QUESTIONS ASKED. GAMES ARE GREAT OPPORTUNITIES FOR ADULTS TO DEMONSTRATE “HOW TO” REACT IN COMPETITIVE SITUATIONS.

- Umpires and site directors are not required to give you a warning.
- Any Coach/Parent disagreements should be handled away from the ballpark on non-game days. Please don't let emotions of the day enter into it.
- We will support your child, but you will not be allowed on site.

**Fall League Age Requirements:** 8 year olds through 2011 high school seniors

**Cost:** \$180.00

*Use our on-line registration system using a credit card and pay only \$175.00. It's secure, convenient and the quickest way to get registered!*

**MANDATORY Fall League Coaches Meeting/Clinic**

All Fall League Coaches will be asked to attend a MANDATORY Fall League Coaches Meeting/Clinic on Sunday, August 29, 2010 from 2:00pm to 4:30pm. We will encourage all coaches to attend; however, we will require that at least one coach from each team attend this important meeting. At this meeting the Nebraska Baseball Academy Staff will discuss the purpose of the Fall League, provide some basic coaching techniques and answer any of your questions. In addition, this will be the time we distribute team rosters, schedules and the Fall League TEAM BOX. The TEAM BOX will include: team jerseys and hats, pitch counter, scorebook, lineup cards and t-shirts and hats for coaches. Parents are also welcome to attend this meeting.

**Fall League Participation**

You can sign up as an individual player or a team. TEAM registrations require that a coach submit a team roster. EVERYONE is required to complete the individual application form.

### **Coaches**

Organized teams will be required to provide their own coach. The Academy will accept volunteers for various coaching opportunities as needed. The Nebraska Baseball Academy will provide instruction and coordination of the Fall League program along with Husker coaches, staff and players. It will be required that at least one coach from each team attend the MANDATORY Fall League Meeting on 8/29/10.

### **Division Levels**

Players and teams have been asked to sign up for the level of play in which they participated over the summer (if someone played at the 12U level, then they are likely in the 11s / 12s division). While we encourage players to participate in the same level in the fall as they did in the summer, we realize that some players have moved up to a higher division level.

### **Daily Schedule**

On game day, you will play both games at the same field location. Teams will alternate between HOME and VISITOR but will not switch dugouts between games.

### **Participation**

All participants must have completed an application, paid the registration fee and have the approved medical information turned in and accepted by the Nebraska Baseball Academy prior to the first game, or that player will not be allowed to participate – no exceptions. Only players who are registered to play in the Fall Baseball League may participate. If a player is found to NOT BE REGISTERED, then the coach will be expelled from the Fall Baseball League, and the team and all players will not play for the next TWO weeks (we expect parents to help pay attention to and take care of ALL the players on your team).

### **Playing Time**

Playing time will be at the discretion of the coach, and this will be his/her final decision. We expect parents to respect the decisions made by the coach. Should a parent have a question regarding his or her child's participation, we would expect the parent to engage in a respectful conversation at an appropriate time with the coach (after the game is not an appropriate time). While we do not expect all coaches to keep playing time exactly equal, we encourage coaches to keep playing time balanced, providing opportunities based on consistent expectations set out by the individual coaches.

### **Scorekeeping**

One score book will be provided for each team. The HOME TEAM is expected to keep the official book, while both teams are expected to keep a book and communicate to ensure accuracy. The HOME TEAM is responsible for sharing the final result with the site director at the conclusion of the game.

### **Attendance**

Coaches will be provided with weekly rosters and are expected to keep track and record attendance throughout the Fall Baseball League. You will be asked to report attendance each week through e-mail to the Academy Coordinator. **IF A PLAYER WILL NOT BE AT A GAME**, please be sure to let your coach know. **DO NOT** contact the Nebraska Baseball Academy or the Nebraska Baseball Office.

### **Instruction**

In addition to the regular games scheduled, each team will be scheduled for one (1) skill instruction session. These sessions will be held from 6 – 8pm at Haymarket Park.

Tuesday, September 21	9/10 and 11/12 League Teams
Tuesday, September 28	13/14 League Teams
Tuesday, October 5	High School League Teams

This instruction will be conducted by the Nebraska Baseball Academy Staff and the Nebraska Baseball Coaching Staff. We will also provide on field instruction on Sundays in cooperation with each team coach. We hope this will add activity to our instruction and provide players and coaches the techniques and teaching tools to advance the learning progress for all participants.

### **Uniforms**

Every player will be provided with a jersey and hat. Players are required to wear proper baseball pants with a belt, and proper baseball socks. **WE STRONGLY ENCOURAGE** teams to coordinate their efforts, and wear the same color socks, belt and pants.

### **Shoes**

9/10's and 11/12's may not wear metal cleats. 13/14's and 15/16's may wear metal cleats.

### **Equipment**

All teams must supply bats, batting helmets, practice baseballs, catching gear, safety equipment and water/cups. While in the field, caps must be worn and jerseys tucked in. Everyone will be required to wear a double-ear batting helmet when outside the dugout.

### **Practices**

Practices are at the discretion of the coach, and can be held at any time. Fields will need to be arranged and coordinated by individual teams.

NOTE - Players are encouraged to continue to practice on their own or with other teammates during the week, especially to keep their arms in proper throwing shape.

### **Weather Information**

We know that some of you are coming from out of town. However, we all know that Nebraska weather can provide for some interesting times. Cancellation information may not be available until close to game time. Weather information and any cancellation information will be available by checking our website at [www.bigredacademy.com](http://www.bigredacademy.com) or calling 402.472.2269. We will update the information as soon as we can make a decision – *our goal will be to play on the scheduled day.*

### **Make-Up Dates**

October 17, 2010. If for some reason games cannot be made up, the games will be cancelled.

### **Site Directors**

Each field will have a site director. This person is responsible for preparing fields before the first game and ensuring that all events of the day run smoothly. The site director WILL NOT answer or judge on a play at the field – the final decision rests with the umpires on the field. If a player is injured or needs medical assistance, please report this to the site director right away.

### **Trainer**

There will be a medical trainer on call.

### **Concessions**

Optimist and Valparaiso fields will offer full concessions. Limited

## **FALL LEAGUE BALLPARKS**

### **Optimist Complex**

Go South on Highway 77 to Pioneers Blvd, turn right and then turn left on Folsom. The entrance is on your left.

### **Lewis Fields**

The fields are located northeast of Lincoln High School (2229 J Street) near Capital Parkway and J Street.

### **Holmes Lake Fields**

The fields are located on the southeast end of Holmes Lake Park. The park is located between Van Dorn and Pioneers on 70<sup>th</sup> Street.

### **Valparaiso Complex**

The fields are located in Valparaiso (NE) on Highway 79. The complex is located on the West side of Highway 79 on the South end of town.

### **Doane College**

1014 Boswell Ave, Crete (NE)

### **Crete Field/Tuxedo Park**

13th Street West in Crete (NE) (2 blocks past the railroad tracks – turn right heading North on Tuxedo Park Road)

### **Waverly Field #1**

The field is located in Waverly off of Highway 6 and 140th. Turn south at Casey's Convenience Store. The field is on the left side of Wayne Park.

### **Waverly Field #2**

The field is located in Waverly off of Highway 6 and 141<sup>st</sup>. Go North to Oldfield.

concessions will be available at Lewis Fields. Doane College, Holmes Lake & Tuxedo Field/Crete will NOT have concessions available. We would encourage you to provide the necessary nourishment for each participant between games. Coolers are not allowed at the Optimist Complex.

### **Field Maintenance**

Each field will have bases set, infield lines chalked, and have the infield prepared and field ready to go. In between games, we would appreciate parental help in getting the field ready to play (it is possible that they will be fine and will need no refreshing). At the conclusion of the game, the site directors will put away the bases.

### **Field Upkeep**

Keep the fields and dugouts in top shape! Pick up trash and leave the fields and dugouts in better shape than when you arrived to play.

### **Game Time Limits**

<u>Length of Game</u>	<u>Time Limit</u>
5 innings	1:45
6 innings	1:45
7 innings	2:00

Games will end at the conclusion of the final inning or the given full inning in which the teams are playing when time runs out. First games of double-headers which end in a tie may be played on with an agreement between coaches and site director. In this case, Game #2 of the double-header will be shortened to the number of innings remaining between the two games.

### **Field Dimensions**

<u>Division</u>	<u>Bases</u>	<u>Pitching Rubber</u>
9/10	65 ft	44 ft
11/12	70 ft	50 ft
13/14	80 ft	54 ft
High School	90 ft	60 ft 6 inches

### **Mercy Rule**

<u>Length of Game</u>	<u>Run Differential</u>	<u>Start Inning</u>
5 innings	10	4 <sup>th</sup>
6 innings	10	4 <sup>th</sup>
7 innings	10	5 <sup>th</sup>

### **Additional Game Rules**

Whenever a tag play is evident, runners must slide or seek to avoid contact with the fielder. Malicious contact shall supersede all obstruction penalties.

-Penalty: Runner shall be declared out and may be ejected at the umpire/site supervisor's discretion

Players or Coaches ejected from any one game for unsportsmanlike conduct may be permanently dismissed from the Nebraska Baseball Academy Fall League for the remainder of a given season.

Games in each age group will play with field dimensions listed above. No exceptions will be made for any individual player or teams.

Umpires will have the final say in on-field calls. Site Directors will not change calls made by umpires.

In 9/10 and 11/12 Divisions, an intentional walk may take place by announcement.

In all age divisions, every player on the roster may be included in the batting order.

There will be a 65-pitch maximum for each pitcher on a given day. If the 65th pitch is reached in the middle of an at-bat, the pitcher will be able to finish the at-bat before taken out.

There will be no more than 7 runs scored per half inning by one team.

### **Questions? Please feel free to contact us:**

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