



## 2024 Fall Instructional League

### WELCOME

Welcome to the Nebraska Baseball Academy Fall Instructional League! The purpose of our fall baseball league is simple – to provide an opportunity for youth baseball players of all skill levels to improve (or maintain) during the “off-season” through additional game repetitions. The Fall League is a time to build and refine skills in preparation for the spring season ahead. While we want all players to play hard and compete with their best efforts, our focus will be skill refinement and improvement through competitive game experiences.

#### Academy Staff Goals

- To educate parents, players and coaches with the best in-game 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.

##### *Coaches -*

We expect you to take this opportunity to focus on instruction. The Fall Instructional League is designed for participants to learn more about the game of baseball; stay in off-season shape; and to maintain and/or expand their baseball skills. Teach HUSTLE! Teach the kids how to compete...but never at the expense of sportsmanship. Stay positive and have fun!

##### *Parents -*

We would ask that you provide the necessary encouragement to handle the “ups and downs” of baseball. This game will challenge your sons in more ways than one. Help us to teach them ownership and accountability on the difficult days and to be humble and supportive of their teammates on the “4 for 4” days. **For those families who have been involved with the highest levels of select baseball, this league will not be as competitive – no trophies; no championships. It is geared more around the continuation of skill development. We feel as though fall repetitions are an excellent “cool down” for any young ball player who is looking to improve their game.**

## Fall League Participation

### INDIVIDUAL REGISTRATION:

Register online and we will place you on a team!

### TEAM REGISTRATION:

Each team member will register using the link provided by your volunteer coach. Team registrations require that they have at least 1 volunteer coach, and that coach submits the initial roster using our online system.

ALL PARTICIPANTS must have the following turned into and accepted by the Nebraska Baseball Academy before participating:

1. Completed Application
2. Paid Registration Fee
3. Approved Medical Waiver Form (DUE: 9/3/24 by 8am)

**Only players who are registered to play in the Fall Instructional League may participate. We expect parents and coaches to help monitor this! NO EXCEPTIONS!!!**

## Fall League Important Dates

### Registration Deadline:

Friday, August 3 (midnight)

### Coaches Clinic:

Sunday, August 25 (1:00-3:00pm)

### Team Schedules & Rosters Released:

Monday, August 26

### Waivers Due

Tuesday, September 3 (8am)

### Tuesday Night Camp Sessions:

September 10 - P/C

September 17 - Defense

September 24 - Hitting

### Game Dates:

Sunday, September 8

Sunday, September 15

Sunday, September 22

Sunday, September 29

### Rain Out Make-Up Date:

Sunday, October 6



## 2024 Fall League Divisions

### **5<sup>th</sup> & 6<sup>th</sup> Grades**

70' Bases & 50' Pitching Rubber

### **7<sup>th</sup> & 8<sup>th</sup> Grades**

80' Bases & 54' Pitching Rubber

### **Freshman (2028) & Sophomore (2027)**

90' Bases & 60' 6" Pitching Rubber

### **Junior (2026) & Senior (2025)**

90' Bases & 60' 6" Pitching Rubber

## 2024 Fall League Cost

**\$250.00 – Online before August 2 deadline**

**\$350.00 – After August 2 deadline (will remain open only until all team rosters are filled)**

\*NO refunds/credit vouchers will be issued after September 6

\*\*Online registration is secure, convenient and the quickest way to get registered!

### **Coaches Clinic:**

We ask that 1 representative from each team attends the Coaches Clinic in order to pick up your squad's "Team Box" which will include Jerseys & Hats; Pitch Counter; Scorebook; Lineup Cards; and coach t-shirts and hats! This event will allow you to meet league representatives and the Nebraska Baseball coaching staff. Our staff will hold a mini clinic following open discussions (Q/A) about rules and guidelines for the Fall League. The mini clinic will include ideas for practice plans and drills that Nebraska Baseball players go through every day. We want all coaches to be equipped with the tools necessary to help players develop their skills for this instructional league.

### **Tuesday Night Camps:**

Tuesday Night Camps will give players the opportunity to participate in workouts held at [Haymarket Park](#) from 6:30-8:00pm. Participants will learn techniques and gather information from Husker coaches and players. Each Tuesday, we will conduct a new series of drills designed by our coaching staff to help improve fundamentals in every part of the game: Tuesday Night Camps are not required, but all participants are welcome!

*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.*

### **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.

Coaches, we encourage you to keep playing time balanced, providing opportunities based on consistent expectations you've set within the team.

### **Additional Practices**

Additional practices, taking place during the Fall League 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. Coaches, please, if individual players are not able to attend additional practices during the season due to prior commitments (church, other sports, boy scouts, etc.), do not allow that to effect playing time.

### **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. Make sure to communicate scores with Site Directors to keep them in the loop on how games are progressing.

### **Attendance**

Coaches, 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.

### **Athletic Trainer**

There will be an athletic trainer "on call" to check on any possible sports-related injuries.

## **Equipment & Uniforms**

- Players will be provided with a Fall League jersey(s) & hat.
- Players will be required to wear their own baseball pants, belts, and socks during games.
- Teams must supply bats, helmets, practice baseballs, and catching gear.
- 5<sup>th</sup> & 6<sup>th</sup> Grade Division – NO METAL SPIKES, Please!

## **Site Directors**

Each complex 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. If a player is injured or needs medical assistance, please report this to the site director right away.

## **Umpires**

Umpires will be a mix of college student-athletes and local youth umpires. They will have the final say in on-field calls. Site Directors will not change calls made by umpires. Please respect these guys and the job they are doing. If you have any issues with umpires not knowing game rules, please contact Curtis Ledbetter, and he will attempt to get everything cleaned up!

## **Concessions**

Concession availability varies from site to site - some offer full concessions; others have very limited options. We encourage you to provide WATER and the necessary nourishment for each participant between games.

## **Miscellaneous Game Rules**

1. Whenever a tag play is evident, runners must slide or seek to avoid contact with the fielder.  
Penalty: Runner shall be declared out and may be ejected depending upon the severity of contact made.
2. Games in each age group will play with field dimensions listed. No exceptions will be made for any individual player or teams.
3. NO INTENTIONAL WALKS, PLEASE – Play baseball! Pitch to everyone!
4. In all age divisions, every player on the roster may be included in the batting order.
5. 75-pitch maximum for each pitcher on a given day. If the 75th pitch is reached in the middle of an at-bat, the pitcher will be able to finish the at-bat before taken out.
6. No more than 6 runs scored per half inning by one team.
7. Keep fields and dugouts in top shape! Leave them in better shape than when you arrived.

## **EJECTION POLICY**

If any player, coach, or parent is ejected from a game by an umpire, site director, or by any member of the Nebraska Baseball Academy staff, you will be asked to leave the ballpark immediately, and for the remainder of the day. **Games will provide great opportunities for adults to demonstrate how to react to, and handle competitive situations, umpires, fans, and opposing teams the correct way.**

- Umpires, Site Directors, and Academy Staff members are not required to give a warning.
- Any Coach/Parent disagreements should be handled away from the ballpark.
- We will support your child if you are ejected, but you will not be allowed on site for the remainder of that days' games.

### Game Day Rules & Time Limits

- On game day, you will play TWO 6-inning games at the same field location. Teams will alternate between HOME and VISITOR.
- Games will end at the conclusion of the 6<sup>th</sup> inning or the given full inning in which teams are playing when time runs out.
- TIES: Game #1s of double-headers which end in a tie may be played out 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. Game #2 may end in a tie.
- MERCY RULE: The “Mercy Rule” is 10 runs after 4 full innings of play. The rule may be used in all games, to ensure every team is getting 10 innings of baseball in each weekend, as long as time limits allow.
- **Time Limit = 1:50 (1 hour 50 minutes)**
- **Mercy Rule = 10 runs after 4 FULL INNINGS**

### Weather-Related Delay or Cancellation Information

Decisions will be made by 10:00am for those traveling from out of town – our goal will be to PLAY on each scheduled date!

Facebook: Nebraska Baseball Academy  
Twitter: @BigRed\_Academy  
Website: [www.bigredacademy.com](http://www.bigredacademy.com)  
Office Phone: 402-413-8881

October 6 will be our only make-up date. If more than one Sunday is canceled due to weather, those additional games will be canceled permanently, and not made up.

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### Questions? Please feel free to contact us!

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### **Fall League Ballparks**

*(Subject to Change)*

#### **Lincoln, NE** **Holmes Lake**

70<sup>th</sup> & Normal Blvd.

#### **Densmore Park**

6601 South 14<sup>th</sup> Street

#### **Optimist Sports Complex**

5300 S. Folsom Street

#### **Sawyer Snell**

South 2<sup>nd</sup> & South Street

#### **Crete, NE**

#### **Tuxedo Park**

1345 Tuxedo Park Road, Crete

#### **Seward, NE**

#### **Plum Creek Sports Complex**

2222 Karol Kay Blvd, Seward