

Carillon Minor Baseball

2020 11U/Mosquito Coaches Handbook

(COVID-19 Updates)



Long-Term Athlete Development

Baseball Canada has been engaged in a major review of programs to develop an athlete-centered system. This will ensure we provide the optimal training, competition and recovery programs for athletes at each stage of their development. This program is sport-science based, developmentally appropriate, driven by our coaches and strongly supported by our administrators. The plan is also supported by many of Canada's High-Performance baseball players, including Colorado Rockies pitcher **Jeff Francis** and former Anaheim Angel **Jason Dickson**. The initial report to Baseball Canada by the project team can be found at <http://www.baseball.ca/files/ltad.pdf>. General sport science information is available at www.ltad.ca.

Mosquito Level - The LTAD plan identifies 7 stages in respect to the athletes physical, mental, and emotional development. Mosquito Aged baseball players fall into stage 3 of the LTAD plan which is the "**Learning to Train**" level. Coaches are reminded that athletes at this level should be encouraged to have fun, learn sportsmanship, and develop sport specific skills (Throwing, Catching, Hitting). Learning to win and focusing on a specific position should not occur at this level, but in future years as the child has had the chance to further develop as an athlete .

➔ MAIN GOAL

To continue developing fundamental movement and general baseball skills

Technical aspects covered:

- Hitting sequence
- Throwing and receiving basics
- Laterality (switch hit introduction)
- Basic position play
- Basic pitching

SUMMARY Stage 3

The Learning to Train Stage coincides with peak motor coordination development. The emphasis, therefore, should be on skill development through training. Coaches should use a single periodization format. While **the focus is on training**, competition should be utilized to test and refine skills. If athletes miss the Learning to Train stage of development or if coaches focus mainly on competition, athletes will fail to reach their full potential.

2020 Mosquito Season

1. The Carillon Mosquito league will use Carillon Community League rules for the entire regular season. The Carillon Community League will usually have one scheduled game a week (usually Monday/Tuesday) from the first week of July until the first week in August. Teams are encouraged to practice at least once a week. Exhibition games are also encouraged, it is the responsibility of the host teams and not the league to coordinate and find umpires and facilities. **At this time there will not be an end of the year jamboree.**
2. The league will also offer another option to teams/association wishing to play more baseball in June/early July. Associations may choose to participate in a Carillon Provincial Playdowns on **June 7th - 9th in Carillon**. (Requirements: All teams are Carillon Community League members, depending on number of teams entered). This tournament will use Baseball Manitoba rules, not the Carillon Rules. The winner(s) of the playdown(s) will advance to the "A" or "AA" provincials. (More info towards end of document).

CMBA Mosquito Regular Season Game rules

(apply for Carillon Community League games)

1. **During this time of social distancing and taking precautions it is highly recommended that each team supply two new baseballs to be used only when their team is on defense.**
2. Base distance 70 feet. Pitching distance 40 feet in May, 44 feet in June.
3. A level 1 umpire is mandatory. **Umpires will stand behind the pitcher.**
4. All weeknight games start at 6:45. (Hometeam should be done their infield warm-up by 6:30).
5. Line-up cards will not be presented to the umpire at the start of the game. Scorekeepers may exchange lineups if they want.
6. Carillon Community league games are scheduled for 5 innings or 2 hours (approximate) an inning will not be started after 1:45 minutes of play. If an inning is started it should still be completed).
7. All innings consist of 3 outs or 5 runs whichever comes first. The last inning(bottom) time permitting should be played, for development purposes, even if the losing team needs more than 5 runs to tie or win the game.
8. Carillon Community league games use a modified rule to allow for more hitting instead of walking at this level. (See below).
9. A player may only score on a batted ball. (See below).
10. **NEW: Coaches (2 maximum) are allowed in the field defensively, similar to grand slam. They should be behind the infield and are as obtrusive as possible and should be following social distancing guidelines. The purpose is to help keep the players focused, ready and informed in advance of the pitch being thrown. There should be limited instruction after the hit and coaches should be cognizant of game flow when giving instructions.**
11. Players can not advance on an overthrow at first. (This promotes players to make plays and not just throw the ball back to the pitcher on a hit).
12. Stealing is allowed, but baserunners can not leave the base until the ball crosses homeplate. Stealing is not suggested in league play as players learn more about baserunning by going on a passed ball or on a hit, compared to leaving after a ball crosses home plate.

13. Ten run mercy rule will not come into play in community games due to time limit.
14. All players must be placed in the batting line-up. Defensive substitutions, other than pitching, are unlimited.
15. A team may play with less than 9 players in the line-up. **The empty spots in the batting order are not considered outs.**
16. A player cannot play pitcher and then play catcher in the same game. The first pitch thrown by a pitcher makes him ineligible to play catcher. A player may go from catcher to pitcher.
17. **PITCH COUNT TOTALS ARE UPDATED YEARLY) Please check MBA handbook for official totals and new rules and to gain understanding. Although 75 pitches is the maximum, the baseball LTAD plan and the CMBA encourages coaches to limit pitchers to 45 pitches this season as we are still in the pre-season stage in regards to arm strength and this will reduce chances of arm injuries as well as develop more pitchers.**

MOSQUITO	
Number of Pitches	Rest Period
1 – 25	No rest required
26 – 40	1 day rest
41 – 55	2 days rest
56 – 65	3 days rest
66 – 75	4 days rest
<i>Total pitches allowed in a day</i>	75

18. Coaches should be aware of other CMBA, Baseball Manitoba, and Baseball Canada rules and bylaws.
19. All postponed games should be scheduled (ideally played) within 1 week of the postponement.

Carillon Community League Modified Walk Rules

1. Once the batter has received 4 balls in the count he/she will attempt to hit the ball off a batting tee. (Many players/parents will think they are too advanced to hit off a tee. That may be the case, but unfortunately there are not many strikes thrown at the mosquito level. The tee rule adds swings for the batter, defensive plays to be made, and overall excitement to the game) **It is important for coaches to reinforce swinging to their players, so they do not get in the habit of waiting for the tee.**
2. The batting tee will be placed in front of home plate by the coach of the pitching team. Once the ball is hit, the coach (of the pitching team) as unobtrusive as possible, will remove the tee and place it by the fence near the on-deck circle.

TEE PLACEMENT- Most Tees are made incorrectly, with the ball in the middle of the plate. The ball should be placed on the front of homeplate, so the batters are hitting the ball out in front of the plate.

It is highly recommended that each team brings a tee to be used when their team is on defense. This will help keep sharing and contact to just those team members. This is not mandated just a recommendation.

3. The batter will be provided with three attempts to hit a fair ball off the tee. A fair ball will consist of the following expectations:
 - a. The ball travels at least 10 feet. (umpires discretion. If he/she feels it is not 10 feet they will yell foul ball).
 - b. The hit is what would be considered a fair ball in a regular hitting situation (stays between the foul lines).
4. If not one of the batters three attempts is considered fair, as explained in rule 3, he/she will be called out after the third attempt. An attempt is considered any swing at the ball on the tee. Ex. Swing and a miss is an attempt, swing and hit the tee only is an attempt.
5. The pitcher is allowed to stand behind the mound (10 feet should suffice) during the Tee hitting, but can not come closer to home plate. This rule is to provide safety for the pitcher in the event that it is a powerful hitter at the plate.
6. The home team provides a batting tee, although it is a good idea for both teams to have one in the case of the original tee breaking.
7. **This rule was developed and implemented in the Carillon Region in 2008 and has shown many developmental benefits for our players. Many other regions in Manitoba and across the country have seen the benefits and implemented into their Association rules.**

Baseball Manitoba Mosquito scoring rule

Players may only score from third on a batted ball or forced on a walk. Baserunners may not steal home, may not score on a pastball or wild pitch, and may not score on an overthrow from the catcher to the pitcher or to any player on the field. This is a MBA rule and is in effect for all games. The purpose of the rule is to speed up the game and build the players skill and enjoyment levels as there are:

- a. no worries about the runner at third scoring on a throw back to the pitcher.
- b. no worries about a run scoring because of a past ball or pitcher's wild pitch.
- c. no worries about the runner at third trying to steal home
- d. no risks and therefore more attempts for catchers to throw base runners out.

If the play is a continuation of an ongoing play in the field the player can continue to run. Ex. A player attempts to get a triple on a batted ball and the ball is thrown away he/she can keep running home.



BASEBALL MANITOBA COVID-19 RETURN TO PLAY

COACH'S CHECKLIST: COMPETITION

This checklist has been created to help you, as a coach, stay within the guidelines of Baseball Manitoba's Return to Play for competitions in 2020.

WHAT YOU **NEED** TO DO:

- Ensure that every participant, including yourself, has signed Baseball Manitoba's 2020 Waiver and Release
- Ensure that a team representative will act as the Health and Safety Coordinator for each game for the entire season
- Host a parent meeting prior to the season to educate families of the Return to Play Guidelines
- Design practice plans and dugout usage to include Physical Distancing (6 feet), except for brief exchanges
- Remind players each session of the restrictions:
 - Physical Distancing
 - No sharing of equipment, unless sanitized between use
 - No sharing of personal items
 - No licking fingers, spitting, chewing gum, or eating sunflower seeds
 - No handshakes or high fives
- Request that players arrive 45 minutes ahead of games
- Follow batting cage protocol - 2 people maximum per cage
- Conduct team huddles and meetings using physical distancing
- Bullpens and dugouts should be closely monitored for physical distancing
- In collaboration with the Health and Safety Coordinator, ensure all baseballs and bases are disinfected after each game
- Ensure players sanitize their hands if seen touching their face

**Thank you for your dedication and cooperation.
Have a great summer of baseball!**



BASEBALL MANITOBA COVID-19 RETURN TO PLAY

PLAYER'S CHECKLIST: COMPETITION

This checklist has been created to help you, as a player, stay within the guidelines of Baseball Manitoba's Return to Play for competition in 2020.

- Do not attend if you have any flu-like symptoms, coughing, sneezing, fever, etc.
- Do not attend if you have been in contact with anyone who is sick or not feeling well
- Physical Distancing is always in effect.
- Practice physical distancing by staying a minimum of two (2) meters or 6 feet away from other people, if possible, except for brief exchanges.

WHAT **NOT** TO DO:

- No using saliva to moisten hands or fingers
- No sharing of water bottles
- No sharing of food of any kind
- No spitting
- No chewing gum
- No sunflower seeds
- No sharing equipment, unless sanitized between use
- No sharing of personal items like sunglasses
- Offensive players never touch the baseball
- Do not shake hands or high five to celebrate, a tip of the cap will do
- Do not loiter in the parking lot before or after your session
- Do not touch the baseball when you are on offense

WHAT YOU **NEED** TO DO:

- Follow all Signage instructions
- Always maintain physical distancing, except for brief exchanges
- Limit the touching of your own face while in public
- Sanitize your hands before, after and during each competition
- Shower when you get home after each competition
- Wash your clothes and uniforms when you get home after competition
- Follow all First Aid protocols and safeguards for any required treatment, including physical distancing

Thank you for your dedication and cooperation. Have a great summer of baseball!

Baseball and Covid-19

FREQUENTLY ASKED QUESTIONS (FAQs)

Do baseballs need to be sanitized during practices or games? *No, baseballs need to be sanitized between each session only.*

Can players share equipment? *Although it is discouraged, yes they can so long as the equipment is sanitized between users.*

Do players, coaches, umpires or spectators need to wear masks? *No, anyone who wishes to wear a mask may do so, but it is not mandated.*

Are there any rule changes for baseball games? *No*

Where will the home plate umpire be standing? *Carillon will have umpires standing behind the pitchers mound.*

How many people can be at one session? *Baseball facilities can operate at 50 percent capacity, so long as all persons can effective physical distance (6ft), except for brief exchanges.*

Can teams use dugouts? *Yes, they can so long as the benches are marked with 6 foot markings and all people are physical distancing. This will mean that players and coaches may need to be outside the dugout, behind the fence. Some facilities have taken it upon themselves to be proactive and have marked/painted areas along the fence to promote social distancing.*

Who should I ask questions to when I attend a baseball session? *Each team must have a Health and Safety Coordinator in attendance at each game. They will have the answers and resources to assist all persons.*

Can I bring sunflower seeds or gum? *No, no persons are allowed to use gum or sunflower seeds at a baseball session in 2020.*

What can I expect to be different when I am at a baseball game? *There will be many differences that should be noticed, such as; signage at the field for physical distancing and sanitizing reminders, sanitizer areas for spectators, sanitizing of equipment between plays, someone may ask you if you have any flu-like symptoms or if you have traveled outside Western Canada, players located outside the dugouts, spectators watching from all around the ballpark to enhance physical distancing, umpires may be standing in irregular positions, nobody eating seeds or chewing gum, and more.*