

The **Kingston Baseball Association (KBA)** has seen tremendous growth recently, and much of our success is thanks to the dedication and hard work of volunteers like you. We truly appreciate the time and energy you commit to supporting youth baseball in our community.

We recognize the effort that goes into coaching – from planning practices to fostering team spirit – and we want you to know that it does **not go unnoticed**. Your role is essential in creating a positive, fun, and developmental experience for our players.

As we prepare for the upcoming season, we encourage you to **collaborate with fellow coaches and convenors**, share ideas, and support one another. Our shared goal is to ensure players are:

- **Having fun**
- **Improving their skills**
- **Learning the game in a positive environment**

This document serves as a summary of key information to help you navigate the season confidently and successfully.

Let's make it a great year for Kingston Baseball!

Age Groups:

https://kingstonbaseball.ca/Pages/1135/Little_League_House_League_Info/

Locations

- Directions to KBA Fields: <https://kingstonbaseball.ca/Pages/1137/Locations/>

Division	Game Night(s)	Field(s)
Timbits (T-Ball)	Wednesdays, Thursdays	Ron Lavallee, Oakridge and Cricket #2
Timbits (Rookie)	Mondays or Tuesday Nights	Ron Lavallee, Oakridge and Cricket #2

Minor	Mondays & Wednesdays	Shannons Park, Shannons Corners, Oakridge and Cricket #1
Major	Tuesdays & Thursdays	Shannon's Corners, Optimist, Shannons Park and Cricket #1
Intermediate/Junior	Wednesdays	Optimist

Rules:

<https://docs.google.com/document/d/1U2xRECZFmELWuvtlhH-8qbYVVQlWLg97/edit?usp=sharing&ouid=107180555346592510298&rtpof=true&sd=true>

These are also found at kingstonbaseball.ca under programs, summer Little League Rules

Scorebooks:

- **For the Minor division and above, it is essential that both teams complete their scorebooks in full.** This includes the **date, opponent, game location, full player names, and post-game umpire signatures** to ensure proper validation
- This is necessary as it provides proof that Kingston Colts rep players appeared in house league games
 - A minimum of 60% of their house league games must be attended in order to qualify for district playdowns and beyond.
- If a Kingston Colts rep team qualifies for provincials, copies of these books may be examined by Little League officials and could result in players being ineligible to play if not filled out correctly.

Scores:

- Rookie and above- scores must be emailed by the winning team to scores@kingstonbaseball.ca after the game. Please include the level and teams playing. For example, Minor White Sox 5, Blue Jays 3 (*Does not apply to Timbits*)

Season Duration:

- Practices begin early in May- weather permitting
- Games Begin: After the long weekend in May
- Ends: Last weekend in July

Cancellations

- In the event of a cancellation (e.g. weather):

- o Any rain out decisions will not be made until 3:15 on game day.
- o Rain out decisions will be posted on our socials Facebook and Instagram page as well as marked as cancelled through your sportsheadz app
- o **Please don't email us, we'll email you! Trust us, weather is always on our mind when rain threatens.**

Equipment:

- **Team Equipment Bag** (Containing: First aid kits, ice packs, scorebook, bats, balls, helmets, catcher's equipment)
- Minor and Above- Each coach will be given the above items at the beginning of the season and they are responsible for bringing it to each game and returning it to the KBA at the end of the season
- Please notify our VP of HL if any first aid kits require refills

Please clean out your equipment bag prior to returning it at the end of the season (i.e. water bottles, lost and found items)

Field Equipment Bags

- Ron Lavalee, Optimist, Oakridge, Shannons Park fields all have field bags that contain all of the equipment required for the games
 - Each bag is labeled and contains bases, home plate, pitching rubber (for minor/major) and a string line for measuring base paths.
- The hope is that separate bags will keep each diamond's equipment organized and make it easier to get the equipment to the fields.

Bats

- USABat Standard for Major and below
- USABat Standards or BBCOR for Intermediate and Junior
- For more information please see:
<https://www.littleleague.org/playing-rules/bat-information>

Helmets

If necessary, helmets will be provided, but it is recommended that your child has their own helmet.

- **Jocks/Jills**
 - o It is mandatory for minor and above that all players wear jocks/jills

- **First Aid Kits**

- All team equipment bags will contain 1 first aid kit and ice packs. Please ensure you replenish as needed by contacting our VP of HL

Field Setup and Maintenance:

- Home team will set up the diamond.
- Winning team dismantles the field. This includes returning the bases to the lockup

Field Dimensions:

League	Point of Home Plate to Front of Pitching Rubber	Base Paths
Timbits	Coach Pitch	50'
Rookie	Coach Pitch	50'
Minor	46'	60'
Major	46'	60'
Junior	50''	70'

Equipment Lockups:

- Field boxes / bunkers will contain Bases, home plate and pitching mound (if necessary)
- Lock Box codes will be given out to coaches only- this can be shared with a trusted parent that is willing to help with setup and tear down
- Inform your convener when supplies are low or items are missing

Umpires

- Timbits (Grassroots): No umpires
- Rookie: No umpires
- Minor, Major and Junior: Two umpires
- If there are any issues with umpires please inform our umpire in chief Al Aitchison
alaitch@yahoo.com
- *Remember many of our umpires are learning the game too. Please treat them with respect, kindness, and patience.*

KBA Specific Rules / Little League Rules (Minor & Above):

- In addition to the rules stated below, all Little League rules, regulations, and policies apply: <https://www.littleleague.org/playing-rules/rules-regulations-policies/>
- General times: 60 mins for tee-ball, 75 min for rookie, 1 hr and 45 mins for minor, major and junior
 - All players must wear pants
 - 5 run mercy per inning
 - No new inning started after one hour and 45 minutes (Minor and Above).
 - Try to have all players play all positions to help with their development
 - The exception to this would be pitchers and catchers, as some may not be comfortable in these positions. Not all players have to pitch and catch.
 - Use your judgment when introducing new pitchers and catchers
- Catchers: Don't have a player catching your best pitcher their first time behind the plate.
- Pitchers: Make sure your pitchers can consistently throw from the mound to the plate.
- If you must pick up a player, please keep good sportsmanship in mind.
 - No Ringers ○ Players that are picked up cannot play pitcher.
- Base Running
 - Batters can not run on a dropped third strike by the catcher. (Exception: junior
 - Runners can lead off when the ball crosses the plate. The exception is junior where players can lead off prior to the pitcher throwing the ball.
 - No head first slides into bases. Players are allowed to dive back into a base that has already been gained.
 - Runners cannot advance home from 3rd on a pass ball
 - Runners cannot advance home from 3rd on an attempted pick off at 3rd
 - Or if runners on 2nd and 3rd and a pick off is attempted at 2nd, 3rd can't advance home.
 - Reasoning is two-fold: trying to promote the catchers throwing but not penalizing them too badly if the throw is off. Also we want to keep the "happy feet" kids (not respecting the game with a huge lead) from advancing.
- Pitchers & Catchers
- Maximum of six outs per game for pitchers
 - Once a pitcher stops pitching they cannot be re-entered as a pitcher for the duration of the game. They are still able to play other positions.
 - Players cannot pitch and catch in the same game.

- o **Rep Player Pitching Policy-** To support essential arm care and prevent overuse, all Rep players will be on designated pitching plans. As such, **Rep pitchers are not available to pitch in our games this season.** In certain cases, we may choose to make exceptions for Rep players who are not currently pitching for their Rep teams. If this occurs, a list of eligible players will be provided to coaches by their convener. Thank you for your understanding and cooperation in prioritizing player health.
- Miscellaneous
 - o No sandals or flip flops (players and coaches) are permitted on the field
 - o No smoking or vaping in any city parks
 - <https://www.cityofkingston.ca/city-hall/bylaws/smoke-free-kingston>

Division Specific Information

Timbits (TBALL)

- Teams will be divided into three Sections with two teams playing a 20 min Game and the third team doing drills in the outfield
- Start season using tees and progress to coach pitch. It is fine to rotate between batters (ie batter 1 uses a tee and batter 2 coach pitch). Coaches should use their discretion as to when a child is ready for this step. In the last couple of years no one has advanced to coach pitch.
- Once the coach pitch starts and the player doesn't make contact after ~4 pitches, tee can be brought out
- Base path distances can be adjusted at the coach's discretion
- Recommended time: 60 min
- Drill/practice options: <https://www.littleleague.org/play-little-league/tee-ball/> ●
Introduction booklet:
<https://ll-production-uploads.s3.amazonaws.com/uploads/2017/11/Little-League-e-Tee-Ball-Program.pdf>

Rookie

- Coach pitch for the duration of the season
- At the beginning of the season:
 - o Every player bats each inning (regardless of number of outs)
 - o If a player is out they will not continue to run the bases
 - o Every player plays defense, spread the players out but try to cover regular positions

- As the season progresses (at the discretion of the convener):
 - Move to 'standard' baseball rules - 3 outs per inning and 8 defensive positions (with coach catching)
- Base path distances can be adjusted at convener's discretion
- Time limit (Last inning will begin at 1 hr 15 mins)
- <https://www.littleleague.org/play-little-league/coach-pitch/> ● 12 Week Program:
<https://ll-production-uploads.s3.amazonaws.com/uploads/2017/12/Coach-Pitch-12-Week-Program.pdf>

Minor

- Coaches pitch to start the season
 - two weeks of coach pitch.
 - If coaching resources permit, have some kids throwing bullpens on the side to help with assessment.
 - Stronger players can be worked into games to pitch during this coach pitch period for brief appearances and relieved by coaches.
 - No scorekeeping during coach pitch.
- Progress to player pitch
 - Mid June, at the discretion of the convener
 - Same number of balls (4) and strikes (3) as regular baseball. The first year or two of player pitch can be slow due to the number of walks, but it does get better eventually!
 - Encourage the kids to swing at ANYTHING close, and promote hitting (and striking out) over walks.

Junior

- Runners **CAN** advance home from 3rd on a pass ball
- Runners **CAN** advance home from 3rd on an attempted pick off at 3rd

Other Information

- Little League University
- Useful Little League Information containing coaching resources and drills o
- <https://www.littleleague.org/university/>
- CPICs
 - All coaches/volunteers need to have a CPIC background check performed unless KBA has a valid CPIC on file.

- o Valid for five years
- o Kingston Police CPIC: <https://policechecks.kpf.ca/>
- o Once completed, the CPIC can be submitted by the Kingston Police to the KBA if you select KBA from the list of available agencies

Little League Volunteer Application Form

- All coaches/volunteers need to fill out a volunteer application form and submit it to KBA
The document can be found at:
<https://www.littleleague.org/downloads/volunteer-application/>