DIOCESE OF CLEVELAND CYO

BASEBALL COACHES MEETING
SPRING 2020

Catholic Charities
Diocese of Cleveland
DIOCESE OF CLEVELAND CYO
BASEBALL COACHES MEETING

1. Program Planner
2. Points of Emphasis
3. Rules Chart
4. Forms
5. Guest Player Rule
6. Coaching Article
7. Practice Template
8. CYO Gratitude
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>March</td>
<td>Mandatory Coaches Meeting @ Walsh Jesuit HS, 6:00pm 4550 Wyoga Lake Rd. Cuyahoga Falls.</td>
</tr>
<tr>
<td></td>
<td>Mandatory Coaches Meeting @ Center for Pastoral Leadership, 6:00pm 28700 Euclid Ave. Wickliffe</td>
</tr>
<tr>
<td></td>
<td>Mandatory Coaches Meeting @ St. Augustine Manor, 6:00pm 7911 Detroit Ave. Cleveland</td>
</tr>
<tr>
<td>4</td>
<td>Early registration period ends</td>
</tr>
<tr>
<td>6</td>
<td>Regular registration ends</td>
</tr>
<tr>
<td>8</td>
<td>Late registration ends</td>
</tr>
<tr>
<td>9</td>
<td>Last date to enter teams’ blackouts</td>
</tr>
<tr>
<td>13</td>
<td>Schedules available on website</td>
</tr>
<tr>
<td>14</td>
<td>Coaches Development Program @ St. Basil the Great, 9:00am 8700 Brecksville Rd. Brecksville</td>
</tr>
<tr>
<td>20</td>
<td>Deadline to register athletes and coaches to online rosters</td>
</tr>
<tr>
<td>21</td>
<td>Season competition begins</td>
</tr>
<tr>
<td>April</td>
<td>Last day to add to rosters to meet the minimum number</td>
</tr>
<tr>
<td>3</td>
<td>No CYO Competitions can be scheduled – Easter Break</td>
</tr>
<tr>
<td>10-12</td>
<td>Parents’ Day at the games</td>
</tr>
<tr>
<td>18-19</td>
<td>Team Mass Sunday</td>
</tr>
<tr>
<td>May</td>
<td>Diocese of Cleveland CYO Spring Championship Tournaments</td>
</tr>
<tr>
<td>9-24</td>
<td>Spring sports season ends</td>
</tr>
<tr>
<td>31</td>
<td>春 continues to know God, to love God, and to serve God through athletics.</td>
</tr>
</tbody>
</table>
Baseball & Coach Pitch
Points of Emphasis

OFFICIAL NUMBER OF PLAYERS

8th and 7th Grade Divisions
The official number of players on the field is nine (9). A game may not be played with less than eight (8) players per team. Additional players may be added during the game and will occupy the ninth and any subsequent spot(s) in the batting order. Until the ninth player enters the game the ninth spot in the line-up will assume an out each time that spot would come to bat. The game can't end with this assumed out. The game must continue until another out occurs.

6th, 5th, 4th, and 3rd Grade Divisions
An official team will be a minimum number of 10 players; 4 which must be positioned in the outfield. A team may begin a game with 8 players. Additional players may be added during the game and will occupy the ninth and tenth spot(s) in the batting order. Until the ninth and tenth player enters the game the ninth and tenth spot in the line-up will assume an out each time that spot would come to bat. The game can't end with this assumed out. The game must continue until another out occurs.

Coach Pitch Division
The official number of players on the field is nine (9). A game may not be played with less than eight (8) players per team. 7 players will play the infield, all other players will be positioned in the outfield.

EQUIPMENT & UNIFORMS

All Divisions
Helmets are required for all batters, base runners and on-deck batters. All batting and catcher's helmets must have the NOCSAE standard Label.

Bat Regulations

8th and 7th Grade
- Bats may not weigh numerically more than more than eight (8) ounces less than the length of the bat (i.e., a 34 inch bat cannot weigh less than 26 ounces).
- Drop 8.0 and under (i.e.; Drop 8, Drop 6, Drop 5, etc.) bats will be permitted.

6th, 5th Grade
- Bats may not weigh numerically more than more than nine (9) ounces less than the length of the bat (i.e., a 34 inch bat cannot weigh less than 25 ounces).
- Drop 9.0 and under (i.e.; Drop 9, Drop 8, etc.) bats will be permitted.

4th and 3rd Grade
- Bats may not weigh numerically more than more than ten (10) ounces less than the length of the bat (i.e., a 34 inch bat cannot weigh less than 24 ounces).
- Drop 10 and under (i.e.; Drop 10, Drop 9, etc.) bats will be permitted.

Coach Pitch
- All bats must be in working order and not altered. Bats that are broken, dented, cracked or do not meet the bat specifications are illegal.
PARTICIPATION

All Divisions
Each player must play a minimum of two (2) full innings in the field unless the game is shortened by the umpire.

Late Arriving Players: Any player arriving late to the game will be added to the end of the line-up and must still play one defensive inning.

GAME, TIME & RUN LIMITATIONS

8th, 7th and 6th Grade Divisions
- All divisions will play seven (7) innings or a two (2) hour time limit.
- If at the end of seven innings the score is tied, the game will continue with the International Tie-Breaker. The time limit is no longer in effect.
- The Tie-Breaker Rule will be used and continued until a winner is determined.

5th, 4th, and 3rd Grade Divisions
- All divisions will play seven (7) innings or two (2) hour time limit. The game officially starts with the first pitch. Games called by the time limit will be considered official and complete.
- If at the end of seven innings the score is tied, and there is still time left, the game will continue with the International Tie-Breaker rule.

Coach Pitch
- All divisions will play four (4) innings or a 1 hour 10 minute time limit. No new inning will begin after 1 hour and 10 minutes from the actual start of the game. The game officially starts with the first pitch. Games called by time limit will be considered official and complete.

RUN DIFFERENTIAL AND LIMITATIONS

8th, 7th and 6th Grade Divisions
- If after the 5th inning (4-1/2 innings for the home team) and a team is ahead by ten (10) runs, the game shall be called, if all participation requirements are met.
- If the participation requirements are not met, those players that have not played must be substituted in the next inning.
- The game will end when the participation requirements have been met and there is a ten (10) run differential.

5th, 4th, and 3rd Grade Divisions
- If after the 4th inning (3-1/2 innings for the home team) and a team is ahead by ten (10) runs, the game shall be called, if all participation requirements are met.
- If the participation requirements are not met, those players that have not played must be substituted in the next inning.
- The game will end when the participation requirements have been met and there is a ten (10) run differential.

INNING RUN LIMIT RULE

8th, 7th and 6th Grade Divisions
- The inning will end when a team has scored eight (8) runs.
- Continuous runs scored on a play will be counted.
- Unlimited scoring will be permitted by both teams in the last inning of the game.
5th, 4th, 3rd Grade and Coach Pitch Divisions

- The inning will end when a team has scored five (5) runs.
- Continuous runs scored on a play will be counted.
- Unlimited scoring will be permitted by both teams in the last inning of the game.

COMPETITION RULES

Substitutions

All divisions

The continuous batting order rule will be in effect. Unlimited substitutions are permitted on defense.

If a player is removed from the game for any reason, when his position in the line-up is up, the team will not be given an automatic out. The next batter in the order will be up.

Courtesy Runner

All divisions

When there are two (2) outs, and the catcher or pitcher is on base, the courtesy runner is the last recorded out. If a courtesy runner is needed for an injury, the courtesy runner is the last recorded out. This courtesy runner must be reported to the umpire. The runner is not noted in the scorebook and does not satisfy any participation requirements.

Pitcher Limitations

8th, 7th, and 6th Grade Divisions

- One (1) inning will be charged to a pitcher that pitches one (1) pitch in an inning.
- The pitcher limitation will be five (5) innings in any game.
- Once five (5) innings are pitched in the game, he will be ineligible to pitch any remaining innings for that game. Innings pitched must be consecutive. **Once a pitcher is removed from pitching, he/she is not eligible to pitch the remainder of the game.**

5th, 4th, and 3rd Grade Divisions

- One (1) inning will be charged to a pitcher that pitches one (1) pitch in an inning.
- The pitcher limitation will be three (3) innings in any game.
- Once three (3) innings are pitched in the game, he will be ineligible to pitch any remaining innings for that game. Innings pitched must be consecutive. **Once a pitcher is removed from pitching, he/she is not eligible to pitch the remainder of the game.**

Weather Information

Announcements related to the status of competitions will be posted on the main page of the schedule website, telephone announcement lines, Twitter (@CYOSportsDOC) and media as needed.

Posting Scores

The winning team is responsible for submitting the score and both lineup cards within 24hrs to Linda DeCarlo ldecarlo@ccdocle.org
### Grade School Baseball Rules

<table>
<thead>
<tr>
<th>Rule</th>
<th>8th &amp; 7th</th>
<th>6th</th>
<th>5th</th>
<th>4th</th>
<th>3rd</th>
<th>Coach Pitch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metal Spikes</td>
<td>Prohibited</td>
<td>Prohibited</td>
<td>Prohibited</td>
<td>Prohibited</td>
<td>Prohibited</td>
<td>Prohibited</td>
</tr>
<tr>
<td>Official # of Players</td>
<td>9, Need 8 to start</td>
<td>10, Need 8 to start</td>
<td>10, Need 8 to start</td>
<td>10, Need 8 to start</td>
<td>10, Need 8 to start</td>
<td>9, Need 8 to start</td>
</tr>
<tr>
<td>Base Length</td>
<td>80 ft.</td>
<td>70 ft.</td>
<td>70 ft.</td>
<td>60 ft.</td>
<td>60 ft.</td>
<td>50 ft.</td>
</tr>
<tr>
<td>Pitching Distance</td>
<td>55 ft.</td>
<td>50 ft.</td>
<td>50 ft.</td>
<td>46 ft.</td>
<td>46 ft.</td>
<td>35 ft.</td>
</tr>
<tr>
<td>Drop Weight Rules</td>
<td>8</td>
<td>9</td>
<td>9</td>
<td>10</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Participation</td>
<td>2 Full Innings</td>
<td>2 Full Innings</td>
<td>2 Full Innings</td>
<td>2 Full Innings</td>
<td>2 Full Innings</td>
<td>2 Full Innings</td>
</tr>
<tr>
<td>Inning &amp; Time Limit</td>
<td>7 innings &amp; 2 hr. time limit</td>
<td>7 innings &amp; 2 hr. time limit</td>
<td>7 innings &amp; 2 hr. time limit</td>
<td>7 innings &amp; 2 hr. time limit</td>
<td>4 innings &amp; 1 hr. 10 min time limit</td>
<td></td>
</tr>
<tr>
<td>Run Differential</td>
<td>10 runs after 5 or 4 1/2 innings if home team is winning</td>
<td>10 runs after 5 or 4 1/2 innings if home team is winning</td>
<td>10 runs after 4 or 3 1/2 innings if home team is winning</td>
<td>10 runs after 4 or 3 1/2 innings if home team is winning</td>
<td>10 runs after 4 or 3 1/2 innings if home team is winning</td>
<td></td>
</tr>
<tr>
<td>Inning Run Limit</td>
<td>8</td>
<td>8</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Pitching Limitations</td>
<td>5 innings</td>
<td>5 innings</td>
<td>3 innings</td>
<td>3 innings</td>
<td>3 innings</td>
<td>N/A</td>
</tr>
<tr>
<td>Leadoffs and Stealing</td>
<td>Yes &amp; Yes</td>
<td>Yes &amp; Yes</td>
<td>No &amp; Yes (Once Pass Home Plate)</td>
<td>No &amp; No</td>
<td>No &amp; No</td>
<td>No &amp; No</td>
</tr>
<tr>
<td>Bunting</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Sliding</td>
<td>Yes, No Head-First</td>
<td>Yes, No Head-First</td>
<td>Yes, No Head-First</td>
<td>Yes, No Head-First</td>
<td>Yes, No Head-First</td>
<td>No</td>
</tr>
<tr>
<td>Dropped Third Strike</td>
<td>Can Attempt First</td>
<td>Can Attempt First</td>
<td>Automatic Out</td>
<td>Automatic Out</td>
<td>Automatic Out</td>
<td>Automatic Out</td>
</tr>
<tr>
<td>Infield Fly Rule</td>
<td>In effect</td>
<td>In effect</td>
<td>In effect</td>
<td>In effect</td>
<td>In effect</td>
<td>NOT in effect</td>
</tr>
</tbody>
</table>

**Please download the full version of the rules from the Diocese of Cleveland CYO Website**
<table>
<thead>
<tr>
<th>NO.</th>
<th>PLAYER</th>
<th>RE</th>
<th>POS.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUB.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUB.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUB.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUB.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUB.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUB.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUB.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUB.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUB.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Charged Conferences: in which inning?

1st | 2nd | 3rd |

**SUBMIT IN DUPLICATE TO UMPIRE-IN-CHIEF**
Guest Player Rule

Guest Player Rule: If a team in Grades 7th and 8th has less than 10 athletes or teams in grades 3rd, 4th, 5th and 6th have less than 11 athletes at a game, a guest player may be moved from the member’s other CYO baseball teams to fill the positions at the start of a game under the following restrictions:

1. The athlete meets the age/grade restrictions of the team he/she will assist.
2. The guest player is reported by means of the button on the Coaches Information page of www.dioceseofclevelandcyo.org before the game in which he/she will be used.
3. The same individual may be moved as a guest player for no more than two (2) games during the season.
4. The athlete complies with the number of game and time limits as outlined in Section 6.
5. The guest player(s) must meet the minimum participation requirements outlined in the division specific sections.
6. Guest player movements are to be reported on the baseball scorecard before the competition begins. The guest player will be denoted on the lineup card with “GP” next to their name.
7. Coaches are encouraged that Guest players do not play more than players on the original roster.
8. Uniform Requirements
   a. Guest players must wear the uniform of the team that they are playing on, not their rostered team uniform.
   b. There are to be NO duplicated uniform numbers (teams should have at least one extra jersey to be borrowed by the guest player for that game).
9. Guest players cannot be used for sanctioned events or CYO championship competitions.

Guest Player F.A.Q’s

1. **Can a 2nd grader be a guest player on a 4th grade team?** – No, all guest players must follow the age restrictions according to bylaw 3-3-1-B.

2. **Can an 8th grader be a guest player on a 7th grade ONLY team?** – No, guests players can play up according the age limitations but cannot play down at a younger level.

3. **Can a guest player play in a game at 9:00am and then with his/her original team for a doubleheader at 2:00 & 4:00pm?** – No, a guest player cannot play in more than two games per day.

4. **Can a Softball player be a guest player on a baseball team?** – No
Infield Basics and Fundamentals

At the younger levels, playing the infield can be a pretty intimidating thought for a lot of young players. A number of different factors make the infield positions very challenging such as decisions having to be made quickly more often than not, having to field very hard hit balls at times, and simply just being closer to where the ball is actually coming off the bat. The ability to properly develop infielders can be just as challenging for a coach.

Baseball Coaching Tips for the Infield

Coaches tend to spend a lot of time practicing their infielders and unfortunately sometimes at the expense of other positions and players. However, what’s important is not how much practice but what is being practiced. Let’s now take a look at how to properly develop a Little League team’s infield. *In this article, the pitcher and catcher will not be broken down into specific details (such as pitching mechanics or catching technique) but rather will be discussed in relationship to the other infield positions.

Infield Basics

The Foundation: Fielding & Throwing

The first few weeks of practice should include very basic drills that focus on fielding and throwing. Build infielders from the ground up and start by just focusing on the fielding. A good basic drill is to split up the team into two groups that will be positioned at the second base and shortstop positions. Rotate hitting balls to those positions as players rotate in and out. Make sure players are practicing good form and mechanics. A common mechanical flaw that may be seen early on is players not “getting down” on the ball. If this is the case, an even more basic drill can be used. Players can put their gloves away and hardballs can be replaced with a safety ball or tennis ball (a smoother surface may be required for the tennis ball). Fielding balls bare handed will help develop the basic mechanics needed to properly field a ground ball because it will force players to use two hands which will help players to “get down” on the ball. After a few rounds of just fielding then add in the throwing. Position two or three players that have been identified as possible first basemen at the first base position. We can get into a bit later some first baseman specific skills that can be worked on during this drill. The infielders will now learn the proper techniques of making the throw from both short and second (we will get to third base later as it might be a little easier to try and identify the middle infielders first). At this time, stress the importance of making the play before making the throw which was the significance of starting by just practicing the fielding first.
Defensive Range

Once players appear to be grasping the basics, range can then be added to the practice drills. Hit balls to the left and right of players, “in the hole”, and also make them charge “slow rollers”. Allow players to make throwing attempts on very difficult plays and even plays that they would probably “eat the ball” during a game. Challenging players in practice will help develop a better player. During game, situation drills, when to throw and when not to throw can be discussed. The creep step is essential to creating defensive range. Take a look how to do it below.

Step and Pivot Drill

This drill is essential for players being able to catch a little pop up over their head often referred to as: “a flare,” “duck snort”, or “Texas leaguer.” It works just as well for outfielders too! Take a look at this drill in real time below and give it a whirl at your next practice!

### PRACTICE PLAN #5 — TEAM DEFENSE

<table>
<thead>
<tr>
<th>90 MIN</th>
<th>ACTIVITY</th>
<th>NOTES</th>
</tr>
</thead>
</table>
| 10 minutes | Warm-up:  
- Arm circles & stretches, leg stretches  
- Light jogging, 300-400 feet  
- Short & long toss, demonstrate fundamentals of playing catch starting with short toss (15 feet) ending with long toss (100 - 250 feet) | The purpose of early season warm-ups is to slowly build up arm strength. Focus on technique & fundamentals. It will take several practices to build up speed, accuracy & throwing distance |
| 10 minutes | Relay Drill: Divide team into groups of four. First player should stand on foul line and other players should be about 75 feet apart. Each line of four should be 30 feet apart. The two players in the middle will work on relay throws. Ball should be caught with仍然 of glove hand pointed towards the next player in line. Immediately after catching the ball, players should throw to next player in line. Have each line complete a few practice throws. In order to increase speed of relays have lines compete. Ball should be release and with player on foul line. The teams that relay the ball fastest from one end of the line to the other are the winners. *Note: players at ends of line into the middle relay positions.* | This drill teaches players proper positioning of body for quickly relaying ball to a teammate |
| 10 minutes | Outfield Cut-Off Practice: Put players at every position except pitcher. Begin with hitting fly balls & ground balls to outfielders. First round of throws should go to second home, second round to third home and final round to home. On throws to second & third, shortstop is the cut-off for balls hit to LF & CF, second baseman is cut-off for balls hit to RF. On throws home, third baseman is cut-off for balls hit to LF, first baseman is cut-off for balls hit to CF & RF. Every outfielder should attempt 2-3 throws to every base. | During this drill makes sure all players making the relay throw have their bodies positioned properly |
| 15 minutes | Infield Practice: (During infield practice, outfielders should practice catching fly balls). Warm up by throwing ball around the court 20 tosses to 36 to 38 to SL to 18 to 18. Start with tosses to first base. Hit ground balls to players at every position. For ground balls to first baseman, second baseman should cover 18. Have shortstop field line. In the second round, all throwers go to second for double play. Second baseman covers 18 for throws from 18 and SL. Shortstop covers 28 for the throw from 18 & SL. For ground balls to first baseman, second baseman should cover 18. Have catcher field line. In the third round, all the way to home plate. In the final round, all players throw home and then change towards plate, catcher rolls ball on ground and player throws to first. For ground balls to first baseman, second baseman should cover 30. | During this part of the season, stress technique in fielding & throwing correctly & accurately. While goodness in fielding is very important, it will develop over time. |

*****WATER BREAK*****
CYO inspires young people to know God, to love God, and to serve God through athletics.
CYO GRATITUDE

Go around the room and have each coach complete the following sentence:

One thing that I am grateful for receiving this evening is…

Thank you for your comments and support. We wish you nothing but the best as the season begins.

Commitment Prayer

Leader: In the name of the Father and of the Son and of the Holy Spirit.  
All: Amen

Leader: Thank you God for being with us today, and for entrusting your children to our care through CYO Sports. As we prepare to return to our parishes and communities, give us the strength to share your love and caring through our actions as CYO Coaches. We give our time, talent and treasures to you that we may better serve our CYO teams and families. I ask that you respond, “I will!” to each of the following commitments you are making today.

Leader: Will you be a Christian role model who helps athletes discover their value and responsibility to the team, church and community? Response: I will!

Leader: Will you coach every child on your team to improve their skills through practices, competitions and games? Response: I will!

Leader: Will you teach and encourage good sportsmanship by demonstrating positive support, patience, courteousness and respect for all athletes, officials, fellow coaches, volunteers and administrators? Response: I will!

Leader: Will you read and follow the letter and spirit of the sport rules, policies, and Diocese of Cleveland CYO Charter and Bylaws? Response: I will!

Leader: Will you remain aware that your conduct has an influence on the love a child may develop toward sports, and therefore make an effort to have the children on your team have fun while also learning about athletics, themselves, their teammates and our Catholic Christian Community? Response: I will!

Leader: Will you remain mindful that your conduct has an impact on the conduct of the players and fans at a competition and make a commitment not to yell at officials, players, opposing coaches or fans and always demonstrate an attitude symbolic of the CYO Mission and Values? Response: I will!

Leader: Will you make an effort to grow as a Christian by going to mass and celebrating the sacraments to be strengthened to love and serve God and the young people entrusted to your care? Response: I will!

Leader: Almighty God, the Father of our Lord Jesus Christ, who has given us new birth by water and the Holy Spirit, hear the commitments made by your servants here today. We know you have given us spiritual capabilities, and with your light and direction we can fulfill these commitments and build the community of God. We ask this in the name of the Father, and of the Son, and of the Holy Spirit. Response: Amen

CYO inspires young people to know God, to love God, and to serve God through athletics.
TAKE $10 OFF YOUR PURCHASE OF $50 OR MORE
GET THE MOST OUT OF YOUR GEAR. CHECK OUT OUR IN-STORE SERVICES AT DICKS.COM/THEPROS

Limit one coupon per customer per transaction. Excludes: taxes, prior purchases, gift cards, extended warranties, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Valid 7/1/20 - 7/27/20.