



ROME-FLOYD
PARKS&RECREATION

**Youth Baseball
Coaches
Handbook**

Mission Statement

The mission of Rome-Floyd Parks and Recreation Authority is to provide high quality, diverse, and accessible programs, services, and facilities that enhance the quality of life for all ages, cultures, and abilities.

Philosophy of Rome-Floyd Parks & Recreation Authority Baseball, Softball, and T-Ball

It is the intent of Rome-Floyd Parks and Recreation Authority to offer a program on an equal opportunity basis. It is the belief of Rome-Floyd Parks and Recreation Authority that competing in youth sports is crucial to developing character and self-esteem. Rome-Floyd Parks and Recreation Authority also believes that lessons learned in competition can be applied in all life endeavors. Therefore, all individuals wishing to participate will not be discouraged from doing so. Teams are organized to maximize participation for all. Each participant who is dressed out and fit to play will play. Rome-Floyd Parks and Recreation Authority views all volunteer coaches as an integral component to the success of the program. Cooperation and communication are essential to maintain a quality experience for all. Coaches should strive to maintain a good working relationship with parents, players, and the program coordinator. Participants will reflect the character and attitude of the coaching staff. Therefore, it is imperative that all coaches display and model excellent sportsmanship and high moral character at all times. Coaches should refrain from any action that would tarnish their reputation with the teams in their league or the program.

Governing Rules

The governing body of the Rome-Floyd Parks and Recreation Authority Baseball, Softball, and T-Ball program will be composed of Rome-Floyd Parks and Recreation Authority Staff. Any rules not covered by Rome-Floyd Parks and Recreation will be covered first by the Georgia Recreation and Parks Association, then by Georgia High School Association Rules.

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All schedules, rules, and scores can be found at
<http://www.teamsideline.com/sites/rfprra/home>

Game Facilities

Alto Park

Upper Alto (Fields 1-5)



Lower Alto (Fields 6-8)



1014 Burnett Ferry Road
Rome, GA 30165

Riverview Park (Behind the Levee)



255 Jewell Frost Drive
Rome, GA 30165

Hugh Selman Baseball Complex (North Floyd)



102 North Floyd Park Road
Rome, GA 30165

Practice Facilities

Armuchee Park

539 Jones Mill Road NE
Rome, GA 30165

Etowah Park

1325 Kingston Highway
Rome, GA 30165

Midway Park

125 Midway Park Road SE
Rome, GA 30173

Shag Williams Park (Shannon)

40 Minshew Road NE
Shannon, GA 30172

Coosa Park

52 Krannert Drive NW
Rome, GA 30165

Garden Lakes

2903 Garden Lakes Boulevard
Rome, GA 30165

Riverside Park

215 Chatillon Road
Rome, Georgia 30161

Wolfe Park (Lindale)

106 Park Avenue
Rome, GA 30147

Article I

Coaches' Information

Rome-Floyd Parks and Recreation encourages anyone who is interested in being a positive force in a child's life to contact a recreation staff member and fill out a coaching application. Coaches are role models for teaching the fundamentals of the sport, sport skills, tactics and sportsmanship. Coaches are responsible for their personal conduct and behavior, as well as, the conduct and behavior of players. Coaches are required to follow the Rome-Floyd Parks and Recreation guidelines at all times. A coach who does not follow the guidelines provided by the Rome-Floyd Parks and Recreation will need to meet with the League Coordinator in order to continue to coach. All volunteer coaches shall be "at will coaches," and may be discharged by the Rome-Floyd Parks and Recreation with or without cause. Only coaches who have been approved by the Rome-Floyd Parks and Recreation will be allowed to go on the field of play or court during practices and games.

Guidelines for all Coaches

- Coaches participating in Rome-Floyd Parks and Recreation youth sports shall:
- Be reliable, and on time. (The first to arrive and the last to leave...)
- Be responsible for distributing a game/practice schedule to parents/guardians prior to the beginning of the season.
- Have with you, the Emergency Contact Information forms for each child on the team at all practices and games that is provided on your roster given to you by RFPR.
- Rome-Floyd Parks and Recreation Authority will have first aid kits at each game site, located in the concession stand.
- Be responsible for ensuring players' parents/guardians are informed of changes to the game or practice schedule. This includes cancellations the day of the game or practice.
- Ensure that each player receives playing time in games according to Rome-Floyd Parks and Recreation policy on playing time. Equal participation in the program as a whole is the desired goal but is not a requirement.
- Be responsible for communicating Rome-Floyd Parks and Recreation playing time policy to parents/guardians prior to the start of the season.
- Have all players and coaches shake hands after the completion of the game.
- Never play an injured or bleeding player. Think of the player first and not the team's final outcome.
- Conduct themselves in a professional manner at all times and shall refrain from directing abusive language and/or gestures toward officials, other coaches, players, fans, and spectators.

- Serve as a role model for players and spectators.
- Leave facilities in the same or better condition than when the team arrived. Be sure to clean the dugout after each game. All trash and debris needs to be in trash cans.
- Remove team from field and dugout promptly after shaking hands with opposing team so that the next team may begin their game.

Head Coach's Responsibilities

- Establish a good working relationship with parents and players, keeping them well informed of practices, games, team rules, etc.
- In efforts to be respectful of parents' time, conduct organized and punctual practices.
- Head Coaches are required to have email and text message capabilities. If not, they must designate a team parent or assistant coach who does.
- Establish a hierarchy, in the event of his/her absence.
- Confirm player eligibility. Each player must have completed the registration process of RFPR.
- Appoint assistant coaches for the team.
- Upon approval by the Sports Coordinator, have the authority to suspend or dismiss any assistant coach.
- Head Coach is responsible for proper conduct of their assistant coach and spectators.
- Ensure that only registered athletes are participating in practices.
- *The State of Georgia has amended Code 19-7-5 under the Official Code of Georgia relating to the reporting of child abuse to include volunteer coaches. Under this code, volunteer coaches are required by law to report any suspected case of child abuse. The purpose of this Code Section is to provide for the protection of children whose health and welfare are adversely affected and further threatened by the conduct of those responsible for their care and protection. It is intended that the mandatory reporting of such cases will cause the Protective Services of the State to be brought to bear on the situation in an effort to prevent further abuses, to protect and enhance the welfare of these children, and to preserve family life wherever possible. This Code Section shall be liberally construed so as to carry out the purposes thereof. If you believe a child is being abused, contact RFPR immediately.*
- If requested by the umpire or game-site Supervisor; head coaches are required to assist in ensuring the parents and/or team spectators to maintain a healthy environment.

Assistant Coach's Responsibilities

- Carry out duties as assigned by the head coach.
- Does not have the authority to discipline any participant without proper consent of the head coach.
- Will not be given the same consideration as a head coach during games.
- NEVER get involved in any discussions during the game with officials.
- Support the decisions of the Head Coach and should never publicly second-guess the Head Coach.
- Can be appointed by a Head Coach to act as a Head Coach during his/her absence.
- Be able to communicate information to parents concerning the team.
- Ultimately, all assistant coaches are under the supervision of the RFPR.

Application

Rome-Floyd Parks and Recreation Authority requires every individual interested in becoming a coach to complete an application and authorization for a background investigation form (will need a copy of his/her Driver's License or State Issued photo identification). Coach's application can be found on our website: www.rfpra.com/sports and must be completed online. All applications are to be submitted and approved prior to the volunteer assisting in sporting activities. This procedure is in place to protect participants from individuals who may be unsuitable as a coach.

Background Checks

Individual volunteers found to be guilty of the following crimes will be disqualified as a volunteer as outlined below. Guilty means the applicant was found guilty following a trial, entered a guilty plea, entered a "no contest" plea accompanied by the court's finding of guilty, regardless of whether there was a conviction or a withholding of guilt. This policy does not apply to charges that resulted in acquittal, dismissal or in an entry of "nolle prosqui".

EVER FOUND TO BE GUILTY OF:

- All sex offenses including child molestation, rape, sexual assault, sexual battery, sodomy, prostitution, solicitation, indecent exposure, etc.
- All felony violence including murder, manslaughter, aggravated assault, kidnapping, robbery, aggravated burglary, etc.

FOUND TO BE GUILTY WITHIN THE PAST 10 YEARS OF:

- All felony offenses other than violence or sex including drug offenses, theft, embezzlement, fraud, child endangerment, etc.

- Multiple misdemeanor drug offenses, simple drug possession or possession of drug paraphernalia, etc.

FOUND TO BE GUILTY WITHIN THE PAST 7 YEARS OF:

- All misdemeanor violence offenses including simple assault, battery, domestic violence, hit and run, etc.

FOUND TO BE GUILTY WITH THE PAST 2 YEARS OF:

- Two misdemeanor DUI charges with a 12-month period.

Any other misdemeanor within the past 5 years that would be considered a potential danger to children or is directly related to the functions of the volunteer including contributing to the delinquency of a minor, providing alcohol to a minor, or theft if the volunteer will be handling money.

Should any pending charges described above be discovered or brought against an applicant during the season, the applicant shall be suspended until such time as to when the charges have been cleared or dropped and reinstatement has been approved by the Athletic Director.

Selection of Coaches

Rome-Floyd Parks and Recreation Authority feels that our coaches set an example not only for the kids but also the parents. Selecting quality, qualified, and well-rounded coaches is our number one priority. All coaches must complete a Coaching Application and sign the Coaches' Code of Conduct form before a coach can be considered by the Rome-Floyd Parks and Recreation. Background checks will be completed on all coaches for every sport. All head coaches must be at least 21 years of age, and all assistant coaches must be at least 18 years of age. Spouse of coach may head coach in a different league and /or be assistant coach in the same league.

Getting Started for New Coaches

- Immediately contact each players parent/guardian on your roster, introduce yourself, and set up a "first meeting" or practice. Contact RFPR if you are unable to reach players' parents.
- At the first meeting, ask for parent volunteers as assistant coaches and/or team parents.
- Choose a practice location that is convenient for the majority of the team. You will work with RFPR staff, if you would like to use an RFPR field. If you have use of a private field such as a school or church, you will only need to meet the restrictions outlined in this manual.
- Select a team name and jersey number and report it to RFPR for scheduling purposes prior to deadline.

- Assign player numbers and order uniforms from a vendor of your choosing. Each parent is responsible for their uniform costs. When ordering, adhere to the restrictions listed in this manual.
- In order to avoid financial hardships on coaches, coaches are instructed to assign a date at which time uniform monies are due. If parents fail to meet that payment deadline, parent should be instructed to set up payment directly with the vendor selected by the team.
- Game and practice balls, bats, helmets and practice tees are the responsibility of the team.
- Encourage players to bring their own equipment to all practices and games.
- Set aside a day and time for team pictures. RFPR is not responsible for scheduling team pictures. RFPR facilities are available for usage for team pictures.

Conduct

- Any player, coach, or spectator acting in an unsportsmanlike manner or in any way that could prove detrimental to the league will be subject to disciplinary action by Rome-Floyd Parks and Recreation.
- There will be no hollering at or harassing of the players on the opposing teams by parents, players, or coaches. If a volunteer coach cannot control this situation, the game will be awarded to the opposing team. The person(s) violating this rule shall be suspended for the following game. This is a decision made by the Umpires and/or the Recreation Staff present.
- Umpires and/or Facility Supervisor will eject any coach, player, or fan from the game or vicinity of the game for misconduct. Failure to leave results in forfeiture of the game. Any coach that is ejected from a game will be suspended for the next scheduled game. Suspended coaches are not allowed in the playing facility. If a coach is ejected from two (2) games, he/she will be suspended for the remainder of the season.
- It is the parent's responsibility to make sure their son/daughter attends all practices and games. **Any child who misses 2 (or 50% of scheduled practices) consecutive practices or games can be benched by the coach for one game with the approval of the sports coordinator.** It is the coach's responsibility to notify RFPR of any child's missed games or practices.
- No alcoholic or tobacco products will be allowed at any of the Rome-Floyd Parks and Recreation Authority facilities.

Article II

Team Formation / Eligibility / Weather Policy

Rome-Floyd Parks and Recreation developed the following guidelines for participation / eligibility / playing time to ensure a wholesome and enjoyable recreational activity for the participants.

Team Formation/Eligibility

- Age control date is ON or BEFORE September 1st of current year.
- All registration fees must be paid in full before the child is allowed to participate.
- A participant MUST be registered with RFPR before participating in any regular season games.
- A legal aged player participating in the RFPR Baseball/Softball/T-Ball program may “play up” one (1) age division beyond their age and must be approved by the RFPR.
- A participant’s residency will not affect the player’s eligibility. There will be a nonresidents fee, which is determined by the Floyd County Commissioners with recommendations from the Rome-Floyd Parks and Recreation Director.
- For Recreation based leagues, players will be required to play for a team within the district they are currently attending.
- RFPR will merge partial districts to form teams.
- All residents and non-residents are eligible to sign-up for any recreational sports regardless the participant’s talent/ability.
- Rome-Floyd Parks and Recreation Staff shall have the authority to suspend any player whose conduct is considered detrimental to the best interest of the Rome Floyd Recreational Authority Programs.

Weather Policy

- Decisions regarding cancelling games due to inclement weather will be released at 2:30 PM the day of games. When games are cancelled, a text will be sent to all coaches, and we will try to put a post on all social media and the website, www.RFPRA.com.
- In the event a game is in progress when inclement weather affects the game, the game will be deemed a “complete game” if game has reached:
 - o 35 minutes...Coach Pitch Leagues (65 min TIME)
 - o 45 minutes...Kid Pitch Leagues (80 min TIME)

- Games that are rained out will be rescheduled by Rome-Floyd Parks and Recreation. If there is a question of a game being played because of inclement weather, RFPR will make the decision of playing or not.
- If conditions from previous weather have rendered the fields unplayable, games will be cancelled immediately upon receipt of that information. If severe weather or rain is imminent on game day, games will not be cancelled until play conditions are unsafe.
- Rest breaks may not be combined with any other type of activity any players must be given unlimited access to hydration. These breaks must be held in a “cool zone” where players are out of direct sunlight.
- **RFPR will not reschedule any games due to extracurricular activities.**
- RFPR has adopted the GHSA practice policy as it related to practice in heat and humidity as listed below:

WBGT	GUIDELINES
Under 82.0	Normal Activities – Provide at least three (3) separate rest breaks each hour with a minimum duration of three (3) minutes each during the workout.
82.0 – 86.9	Use discretion for intense or prolonged exercise; watch at risk players carefully. Provide at least three (3) separate rest breaks each hour with a minimum duration of four (4) minutes each.
87.0 – 89.9	Provide at least four (4) separate rest breaks each hour with a minimum duration of four (4) minutes each.
90.0 – 92.0	Maximum practice is one (1) hour. There must be twenty (20) minutes of rest breaks distributed throughout the hour of practice.
Over 92.1	No outdoor workouts. Delay practice until a cooler WBGT level is reached.

*****Any adult who feels he or she cannot enjoy coaching under these rules and regulations should in all fairness to him or her and the players shall withdraw from the program. The RFPR wishes to thank all of our volunteer coaches for their time and effort this season.**

Article III

Game / Practice Scheduling / Awards

Game and Practice Scheduling

- There will be two games per week, weather permitting.
- Coaches will receive one (2) set practice per week as assigned at coaches meeting and can call the Main Office to schedule up to two (1) additional practices per week before the season begins.
- Once the season begins, all set practices are null and void. In order to reserve a field for practice after the start of the season, the Head Coach will need to call the office to check availability (Refer to Practice Policy and Procedures). Fields are first come/first serve unless previously reserved.
- Practice sessions will be limited to one (1) hour and fifteen (15) minutes during the week and on Saturday. **NO PRACTICES MAY TAKE PLACE ON SUNDAYS AT RFPR FIELDS.**
- Games can be played at Alto Park, Riverview, and Hugh Selman (North Floyd) fields.
- Make-up games in the event of inclement weather cancellations will be attempted to be made up based on field availability.
- Weekday games begin no earlier than 5:30 PM and no later than 7:15PM. (Excluding Prep Leagues)

Awards

- Awards will be given to the League Runner-Up and League Champion [6U-14U Leagues]
**Participation Medals will be given to all participants in T-Ball.
- In the event of a tie between teams, the following tie breaker will be observed (tie breakers will apply to the teams in the tie ONLY):
 1. Head to Head Matchup
 2. Runs allowed
 3. Runs scored
 4. Run Differential

GRPA All Star Tournament Teams

The RFPRA youth sports leagues participate in GRPA (Georgia Recreation and Parks Association) district tournaments at the conclusion of each spring season, where applicable, and with the opportunity of advancing to the state tournament. GRPA divides the state of Georgia into 7 districts. Floyd County is a member of District 5, Class A. District 5 includes Dade, Catoosa, Walker, Whitfield, Murray, Fannin, Gilmer, Pickens, Gordon, Chattooga, Bartow, Cherokee, Polk, Haralson, Paulding, Cobb, Douglas and Floyd counties. GRPA standards for classification list Class A as agencies in which 15,000 or more youth under the age of 17 reside. Class A is the largest classification in the state of Georgia.

District host agencies are determined by participating agencies of each district in each sport classification, age division and gender. The GRPA State Athletic Committee determines each year who will host the state tournament by sport classification, age division and gender. The champion from each district, in each participating age division advances to the state tournament. Depending on the state tournament draw, additional teams from the district tournaments may be invited to participate in the state tournament. Additional invitations would be at the discretion of the State Committee.

All Star Tournament Teams for baseball and softball are only offered for the Spring season.

The GRPA Youth Baseball age divisions are outlined below.

The goal of the tournament team player/coach selection process is to form the best overall team. GRPA Tournament teams representing RFPRA will be determined as follows:

- Tournament teams will be established for players in 8U, 10U, 12U, 14U.
 - If a 6-7 year old plays 8U, he/she is now eligible to participate in All Stars.
- Players may only be considered for tournament selection in the age division that they played in RFPRA regular season.
- RFPRA league coaches are encouraged to discuss with parents about tournament team required commitment from mid-May through the end of the month of June. If any families are unable to make said commitment, this would eliminate them from being placed on a tournament team.
- Tournament team Head Coach will be decided by RFPRA sports staff. Only league head coaches will be considered.
- RFPRA league coaches will be allowed to remove their name from tournament team head coach consideration.

- Each age division's head coaches will determine whether to conduct a tournament team tryout or select by voting based on regular season performances. Voting will be done at the tournament team meeting with a deadline to be determined at a later date. A voting ballot will be established for each age division's head coach to fill out.
- Coaches may select up to 4 players from their team to be invited to the tryouts. If a player isn't able to attend that tryout, they will not be allowed to be selected onto a tournament team.
- RFPRA league head coaches will be given the opportunity to vote for the best ten (10) players from the age division their team is competing in.
- Only ten (10) players will be placed on the tournament team by league coaches voting.
- The tournament team head coach will be allowed to appoint two (2) additional players from their division to finalize the tournament team roster of ten (12) players. The additional two players must have been nominated by their leagues head coach to be considered.
- All players selected must provide a birth certificate to RFPRA by established deadline.
- After the ten (10) players have been identified for each tournament team, a coach will be appointed as the head coach for that tournament team.
- Tournament team head coach will be allowed to select three (3) assistant coaches from their playing division. Two (2) tournament team assistant coaches must be an RFPRA league head coach. One (1) can be an assistant coach from regular season.
- Each tournament team player will be required to purchase a uniform. Maximum cost of uniform cannot exceed \$50 which includes jersey and pants.
- Each tournament team player's family will be expected to incur any travel expenses associated with being a member of the tournament team.
- Dates for GRPA District and State tournament play will be released at a later date and time.

SPRING AND FALL BASEBALL RULES

YOUTH BASEBALL

ARTICLE IV – ELIGIBILITY

SECTION A – AGE DIVISIONS

1. There are five age divisions for Youth Baseball. Participants must be 4 by the age control date: on September 1, current year. (Unless approved by Sports Program Manager)
2. The divisions are as follows:
 - a. 6 & Under Coed Coach Pitch
 - b. 7/8 & Under Coach Pitch
 - c. 9/10 & Under Combo Pitch
 - d. 11/12 & Under Traditional
 - e. 13/14 & Under
3. Any player or coach ejected from a game for unsportsmanlike conduct will be suspended for a minimum of one game, in addition to the game from which ejected.

ARTICLE V - REGULATIONS

SECTION A – GOVERNING RULES

1. Games in baseball at all levels are governed by the current rules and regulations of the GHSA Constitution and by-laws and the National Federation, National Alliance Edition, Baseball Rules with the exceptions as may be found in this manual.
2. Courtesy Runners
 - a. At any time, the team at-bat may use courtesy runners for the pitcher and / or catcher.
 - b. The last batted out is to be utilized as the courtesy runner.
 - c. In coach pitch (6U and 7U) no courtesy runners are allowed.
3. Rotary Lineup – All players in attendance must bat in the same order throughout the game. (Penalty: out if discovered prior to next pitch).
4. Per the “Return to Play Act of 2013”, effective January 1, 2014, all agencies are required to provide concussion education material to all youth participants and their parents.
5. All head and assistant coaches that are coaching youth teams participating in all levels of GRPA Athletics must have undergone a criminal background check through their Department.

6. Use of audio or visual recording devices, including cell phone, is not permitted in changing areas, rest rooms, or locker rooms. The use of audio or visual recording divisions is not allowed in resolution of protested matters.

SECTION B-LENGTH OF GMAES

Division	Inning	Time
6U Coach 7U Coach	5	1 hour 5 minutes
9U Combo 11U Traditional 13U	6	1 hour 20 minutes

Official game clock will begin with the conclusion of the coach's plate meeting.

1. A game that is tied after regulation play shall continue for one inning, utilizing an international tiebreaker. The last scheduled batter from the previous inning will be placed at 2nd base. The inning will start with 0 outs. Only ONE extra inning will be played if the game remains tied, the official result will be a tie.
2. The score of a forfeited game shall be recorded as 7-0.
3. A game shall be considered complete upon the game clock going under five minutes remaining or all innings have been played. A game can end early if at the conclusion of an inning a team has an eight run lead in the 5th inning, a twelve run lead in the 4th inning, a fifteen run lead in the 3rd inning. Each team cannot score more than five runs in their half inning.
4. *A new inning will not start once the game clock has less than 5:00 remaining.*

SECTION C – SPECIAL PROVISIONS

Mandatory participation – all players must bat in the same batting position throughout the game and play a minimum of one uninterrupted inning on defense.

1. **SHORTHANDED RULE – Clarifications**
 - a. To start a game:
 - i. A Game may begin or finish with one less than required to start (6U coach pitch, 7/8U coach pitch, 9U combo and 10U LIVE – 9, 11/12U Traditional and 13/14U – 8).
 - b. To continue a game once started with a full team listed on the line-up card:
 - i. If a team begins play with the required number of players as listed, that team may continue a game with one less player than is currently in the

batting order whenever a player leaves the game for any reason other than ejection. (# of players – see below)

- ii. If a player shows up after the game has started, they are to be inserted as the last batter on the batting lineup.
 - iii. If a player leaving the game is a runner or batter, the runner or batter shall be declared out.
 - iv. When the player who has left the game is scheduled to bat, an out shall be declared for each turn at bat. An inning or the game can end with an automatic out. If a player leaves the game prior to batting for the first time in the game, they are to be skipped and no out will be recorded.
 - v. A player that has been ejected cannot reenter the game; if removed by the umpire due to an injury, the player cannot return to the game.
2. 12U – 14U: A team can start or continue with eight players, unless the ninth player was ejected for unsportsmanlike conduct; then it is a forfeit. A 6U -10U team can start or continue with nine players, unless the tenth player was ejected for unsportsmanlike conduct' then it is a forfeit.
 3. With rotary line up, defensive position changes (except for pitcher in 11/12U and 13/14U) do not have to be reported to the umpire or scorekeeper.
 4. A player is not required to sit out the next game for failure to report as a substitute, removal of a helmet after a warning, or carelessly slinging a bat after a warning. A slung bat will result in a team warning for the offending team on the first offense. Each additional slung bat for that team will result in the batter being called out. If the same player continues to violate the rule, the player can be removed from the game. EXCEPTION: unsportsmanlike conduct. A forfeited game (not played) does not count as a sit out game.
 5. Pitching regulations: **Maximum number of INNINGS for a week is 8 innings (Maximum number of innings a game is 4). Innings are counted by outs (1/3, 2/3, 1 full inning) any pitcher that fails to record an out while pitching will be credited for 1/3 of an inning. There are no rest rules within a week.**
 6. **In all age groups, once a player leaves the mound, they cannot return to the mound in that game, regardless of eligible innings remaining. (ALL AGE DIVISIONS)**
 7. In case of a suspended or forfeited game, the pitching regulations will still apply. The intent of this rule is for the pitcher's arm to be protected.
 8. Charged conferences
 - a. Upon a second mound visit in an inning the pitcher must be replaced. A mound visit is defined as a coach crossing the baseline and entering the field of play.
 9. In all divisions of baseball, the curve ball is permitted.

10. 9U and 11U Traditional Division's modified rule for stealing bases:
- A modified form of base stealing shall be used in the 9U Combo (during live arm innings), in 10U LIVE and in 11/12U "Traditional" Divisions
 - A base runner is required to stay in contact with the base until the pitched ball has reached home plate. At this point in the flight of the pitched ball, the runner is permitted to advance at their own risk of being thrown out.
 - The runner is automatically called out for leaving the base before the pitched ball reaches home plate. The ball is dead and all subsequent action on the pitch is canceled. All runners must return to base held at time of pitch.
 - A walk is a live ball situation. Once the pitcher is in control of the ball and on the pitching mound, a runner must advance or return immediately to a base.
 - 9U ONLY:** A batter cannot walk or be hit by a pitch while the pitching machine is in play.
11. Three strikes constitute an out, and a batter is not allowed to run if the catcher misses or drops the third strike in ALL DIVISIONS. Other runners may advance at their own risk of being thrown out.
12. In 9U Combo league while the pitching machine is being used, runners can only advance on balls hit into play, runners CANNOT advance on past balls.
13. Headfirst slides are **not allowed** by players wearing a facemask. The penalty for a headfirst slide in all divisions of baseball shall be an out if facemask is worn. C-Flaps can be worn without penalty. A dive back to a base on a pick off or base overrun is not considered a head first slide. Runners in rundown situation may not slide headfirst if wearing a facemask. Any runner is out when he/she does not slide or attempt to avoid the fielder who has the ball in the proximity of the base and is waiting to make a tag or if they maliciously run into a fielder (**give up, get down, go around**).
14. In the **13/14U Division** runners can play off the base and are allowed to steal at any point during live play including dropped third strikes.
15. In the 9/10U Combo and 11/12U Traditional Division, it is illegal for a batter to square to bunt and then draw back the bat and swing away at pitch (contact with ball not required), commonly known as Butcher Rule – Penalty: Out and all runners must return to base occupied at time of pitch. This RULE DOES NOT APPLY TO 13/14U.
16. Dropped third strike is not in play for 9U Combo, 10U LIVE or 11/12U Traditional.
17. The infield fly rule will be in effect for 11U Traditional ONLY.
18. When all play has ceased, the umpire will call "time" and all play will be stopped.

ARTICLE VI – EQUIPMENT

SECTION A – APPROVED EQUIPMENT

1. Rubber-molded, cleated shoes are approved for use. Steel spikes are approved only in the 13/14U Division. Interchangeable cleated-shoes are allowed using the rubber molded screw-in cleats only. Players are allowed to wear athletic (no cleated) closed toed shoes. All pitchers who are throwing from the mound **CANNOT** wear steel spiked cleats and must wear rubber molded cleats OR athletic closed toed shoes.
2. The official bat shall be round and made of wood solid one piece, metal, or other material acceptable for batting as approved by rules governing in the GRPA, USA or GHSA bat rules.
3. Bats for all divisions must conform to National Federation and GHSA guidelines. The diameter at the thickest part shall be 2 – 5/8” or less. The length shall be 36’ or less. There are no weight restrictions on how heavy or light a bat has to be.
 - a. USA, USSSA and BBCOR .50 Bats are all allowed in recreational play
 - i. **If playing in GRPA All-Stars USA STAMPED BATS are the ONLY bats permitted to use.**
4. T-Ball participants shall use T-Ball labeled bats or light baseball bats. (24”-26”)
5. If a team is found using an ILLEGAL / ALTERTED / NON APPROVED bat prior to player entering batter’s box the equipment shall be removed and play continued. **If found after player enters batter’s box the player will declared out.**
6. A Slung bat will result in a team warning, for the offending team on the first offense. Each additional slung bat for that team will result in the batter being called out. IF the same player continues to violate the rule, they can be removed from the game. EXCEPTION: unsportsmanlike conduct.
7. The official ball shall be a sphere formed by yarn wound around a small core of cork, rubber, or similar material and covered with two strips of white horsehide or other authorized material tightly stitched together.
8. Rome-Floyd Parks and Recreation **will provide** all game balls.
 - a. For T-Ball and 6U Coach Pitch a “safety ball” will be used.
 - b. For 7/8U, 9U Combo, 10U LIVE, 11/12U Traditional and 13/14U a traditional baseball will be used.
9. Catchers in 9U Combo, 10U LIVE, 11/12U Traditional and 13/14U divisions must wear full protective equipment, including mask with throat protector, protective helmet (protective cap in all divisions must cover ears (hockey style helmet), body protector, shin guards, and protective cup in an athletic supporter.
10. Catchers in 6U and 7U Coach Pitch are NOT required to be in the full protective equipment but must wear a helmet with mask (this CAN BE a batting helmet with a mask). A catcher position is NOT mandatory in 6U or 7U Coach Pitch. If in catchers stance, chest protector must be worn.

11. All players shall wear protective helmets while batting, running bases and when on deck. The helmet is designed as to give protection to the temples and the base of the skull as well as to the top of the head.
12. For 6U and 7U Coach pitch divisions players (other than catcher) are NOT required to wear a face mask but it is required for the pitcher position.

SECTION B – UNIFORMS

1. A uniform for baseball shall include baseball caps, jerseys numbered on back with a minimum six-inch, visible, factory type, non-duplicated number, full baseball pants, socks and shoes. Last names are NOT mandatory, but helpful to scorekeepers.
2. Coaches and non-player personal are NOT required to wear matching shirts or jerseys, however it is highly encouraged and is required to match at the GRPA All-Stars level of play.

SECTION C – PLAYING FIELD REQUIREMENTS

1. The following field specifications are required for all games:

Distance between bases shall be:		Pitching Distance shall be:		Batter's Box
6U 7/8U 9/10U Combo	60'	6U 7/8U 9/10U Combo	46'	4' x 6' (all age groups)
11/12U Traditional	65'	11/12U Traditional	50'	
13/14U	80'	13/14U	54'	

NOTE: Pitching distances shall be measured from the back point of home plate where the baseline intersects to the nearest edge of the pitcher's plate.

ARTICLE VII – GAMES AND AWARDS

SECTION A – PARTICIPATION

All T-Ball participants will be presented a participation award at the conclusion of the season.

SECTION B – CHAMPIONS / RUNNERS UP

6U, 7/8U, 9/10U, 11/12U, and 13/14U will have champions and runner ups based on final team records at the conclusion of the season. Tie breaker will be applicable to the teams involved in the tie only, the following tie breaker format will be used:

- | | |
|-------------------------|---------------------|
| 1) Head to head matchup | 3) Runs scored |
| 2) Runs allowed | 4) Run differential |

ARTICLE VII – PROTESTS AND APPEALS

1. Protests are NOT ALLOWED.

SPECIAL 9U COMBO PITCHING RULES

1. Each game will begin with a pitching machine in play for the 1st, 2nd and 3rd innings.
2. Beginning with the 4th inning the umpire will remove the pitching machine from the field and the remainder of the game will be conducted with live pitching.
3. All rules governing 9U baseball in GRPA athletics will be in effect with the exception of the following:
4. Ball speed shall be approximately 46 miles per hour for 9U.
5. The umpire will be stationed behind the machine to feed machine and will be responsible for any adjustments to the machine and will present the ball to each batter prior to feeding machine.
6. When a batted ball hits a pitching machine, the umpire feeding the machine, or the extension cord off the ground, it is considered a “DEAD BALL SINGLE” and batter/runner will be awarded first base with all runners moving forward if forced. If a batted ball hits a defensive player then hits the machine, the batter is awarded first base and all other runners move up one base, if forced. Ball is dead when ball hits machine.
7. When a thrown ball hits the pitching machine or the extension cord off the ground, it is considered a “DEAD BALL” and played as if thrown out of bounds.
8. Bunting and stealing is **NOT** allowed in 9U machine pitch. Bunting and stealing is allowed with live pitching.
9. In 9U Division with pitching machine, a maximum four outfielders shall be used. Ten players will be used on defense at the following positions: Catcher, Pitcher, first baseman, second baseman, third baseman, short stop, and four outfielders. In pitching machine and coach-pitch there must always be players in the pitcher and catcher roles. If playing shorthand, the player must come from the in-field or outfield. The team must have a battery.
10. The infield fly rule will NOT be in effect.

11. A runner CANNOT run on dropped 3rd strike (exception 13U).

9U LIVE PITCH BASEBALL SPECIAL RULES

1. The infield fly rule is NOT in effect.
2. You may steal after pitch reaches home plate; penalty for leaving too soon is OUT.
3. Ten defensive players will be used.

6U and 7U COACH PITCH BASEBALL SPECIAL RULES

Pitching Rules

1. An offensive coach will pitch to his/her own team.
2. The coach may only coach the batter until he/she reaches first base or after he/she leaves third base.
3. The pitcher may pitch anywhere from outside of the 20' foul arc and the pitching circle.
4. Pitcher may not cross the foul arc or enter the pitching circle (while pitching)
5. Pitcher must keep one foot on or straddle the pitching line.
6. Pitcher must pitch over-handed. (Any batted ball that hits the pitching coach will be a dead ball and called no pitch).
7. If the pitching coach intentionally allows the ball to hit them. (Penalty: batter is out - Umpire's Judgment). No runner may advance.
8. The offensive coach (pitcher) must attempt to avoid interference and try to pick-up the batter's bat provided he/she does not interfere with the play.
9. If the offensive coach (pitcher) does not attempt to get off the field and/or interferes with the defensive player to keep him from making a play will result in the batter being called out. No runner will advance.
10. The player in the pitching position on defense shall wear a mask for safety reasons.

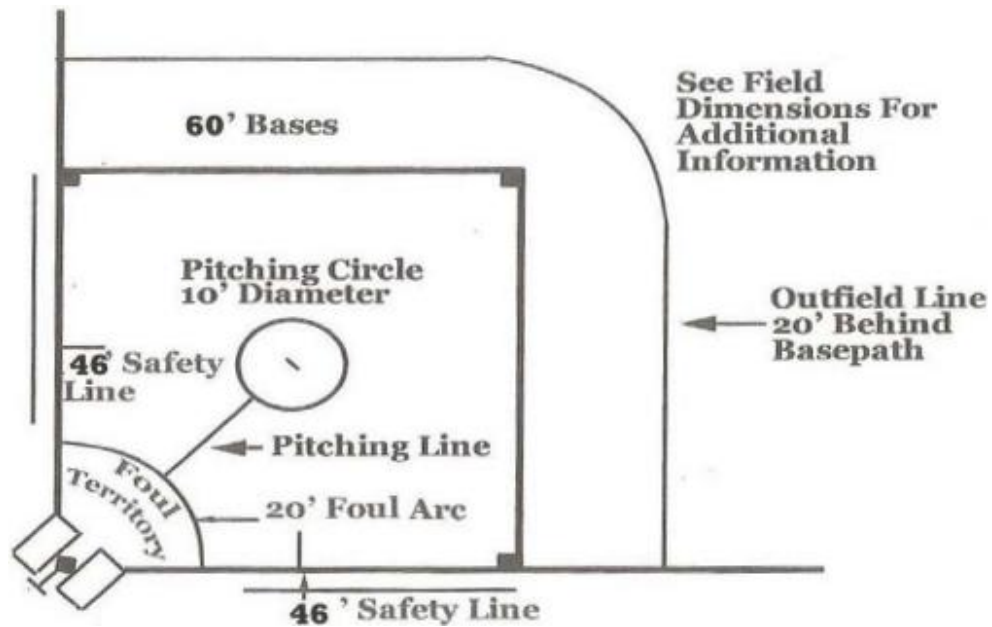
Offense

1. After one warning per game, per player for slinging her/his bat, the batter will be out, a dead ball called, and no runner advance.
2. Batter will receive five pitches before being declared out.
3. If fifth pitch is fouled, he may continue to bat.
4. If pitch is fouled (and the ball goes above the shoulders) and caught, it is an out.
5. No bunting allowed. If batter squares to bunt and then swings, the batter will be called out; this will be umpire's judgment.
6. Any base runner leaving the base before the ball reaches home plate is out. (Penalty: The ball is dead and all other runners return to base occupied prior to pitch – Umpire's judgment.) The pitch will not count.

Defense

1. No rolling the ball intentionally will be allowed.
2. Only ten players on the field: six infielders (including pitcher & catcher) and four outfielders. In pitching machine and coach-pitch there must always be players in the pitcher and catcher roles. If playing shorthand, the player must come from the in-field or outfield. A catcher position is NOT mandatory in 6U or 7U Coach Pitch.

3. The defensive player listed as a pitcher will stay in the ten-foot circle until the ball is hit. The player/pitcher may have one foot outside the circle. (Penalty: Offense gets choice of the play or no pitch.
4. Play shall be stopped by the defensive team heading off or stopping the lead runner. Trailing runners may advance at their own risk.
5. If a player is injured by being hit with a batted or thrown ball, time out will be called immediately. Bases will be awarded/outs will be called at the umpire's discretion.



6.

SPRING AND FALL T-Ball League Information and Rules

This is a traditional, fun, non-competitive T-ball league for boys & girls ages 4 to 5. We want players and parents to focus on the **FUN** aspect of youth sports so that players will learn to love the games of baseball and softball.

T-Ball Rules

1. Games will last sixty-five (65) minutes. Once the game timer goes off, the batter will finish his/her turn at bat and the game will end. No extra innings.
2. The home team will sit on the first base side. The visiting team will sit on the third base side.
3. Every child attending the game will play in the field (defensively). Coaches should rotate players & positions each half inning. Defensive players will be assigned the following positions: 1st, 2nd, short stop, 3rd, Pitcher, Catcher, and the remaining roster in the outfield.
4. Players should be allowed an opportunity to play every position throughout the season.
5. A half inning consists of a team batting through their roster.
6. Each team will bat their complete line up and then switch sides.
7. A batter is allowed a maximum of five (5) swings to put the ball in fair play. After five (5) swings, the batter is out and will return to the dugout.
8. If a baserunner gets out at a base, they are out and will not continue to run the bases.
9. Players who make it to first base are allowed to continue through the bases if directed by the coach. Once the ball is within the base paths and is under control by a player, time should be called by the coaches.
10. When the ball is put in to play, the defensive players must attempt to make a play. Outs can be made. However, they are not recorded. Players must return to the dugout when out is made, if anything in question will result in the player being safe.
 - o Ex: Batter hits the ball down first base line. The first base player retrieves the ball and steps on the base at the same time the runner touches first base. They player will be deemed safe.
11. There must be at least three (3) offensive coaches on the field (1st base, 3rd base, and home). The home plate coach will adjust and place the tee during play.
12. Four (4) defensive coaches may position themselves in the outfield – one on each foul line and in center field, behind the players.
13. Base distance between bases is 60 feet.
14. The tee must be removed when a runner is coming into home plate.
15. The designated home coach from the 5:30 game will pick up the tee and balls from the concession stand. The designated home coach from the 6:45 game will turn in the tee and balls (if any are left) to the concession stand at the conclusion of the game.

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to or after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

► **Children and teens** who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

- ☐ I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

- ☐ I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: _____ Date: _____

Parent or Legal Guardian's Signature: _____

Revised January 2019



CONCUSSION IN YOUTH SPORTS

SIGNS AND SYMPTOMS

SIGNS OBSERVED BY PARENTS OR GUARDIANS

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

IMPORTANT PHONE NUMBERS

FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name: _____

Hospital Phone: _____

Hospital Name: _____

Hospital Phone: _____

For immediate attention, CALL 911

It's better to miss one game than the whole season.

For more information and to order additional materials **free-of-charge**, visit:

www.cdc.gov/ConcussionInYouthSports

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



Rome-Floyd Parks & Recreation Spring 2023 Youth Spring Calendar	
Early Bird Registration	Until 1/26/2025
Regular Registration	1/27/2025 – 2/23/2023
Late Registration	2/24/2025 – 2/28/2025
Coaches Meetings	3/10/2025, 3/11/2025, 3/12/2025
Team Formation Meeting	3/10/2025, 3/11/2025, 3/12/2025
Practices Begin	3/17/2025
Team Name / Uniform Color / Numerical Roster Due	3/28/2025
Schedule Release	4/4/2025
Season Begins	4/14/2025
Season [Projected] Ends	5/22/2025