

Carillon Minor Baseball

2015 Mosquito Coaches Handbook



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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.

2015 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) from the first week in May until Mid-June. Teams are encouraged to practice at least once a week. Exhibition games are also encouraged. The season ends with a one day tournament with each team playing 2 games against teams of their competition level

2. The league will also offer another option to teams wishing to play more baseball in June/early July. Teams may choose to participate in a Carillon Provincial Playdowns as well as the community league. 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.

CMBA Mosquito Regular Season Game rules

(apply for Carillon Community and Carillon Provincial Playdowns unless specified)

1. Two good baseballs and one new ball are to be used to start the game.
2. Base distance 60 feet. Pitching distance 40 feet in May, 44 feet in June.
3. A level 1 umpire is mandatory. **Teams may be fined if an unofficial umpire is used in a league game.**
4. All weeknight games start at 6:45.
5. Line-up cards must be presented to the umpire at the start of the game.
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).Carillon Provincial Playdown games may be scheduled for 6 innings.
7. All innings consist of 3 outs or 5 runs whichever comes first. The last inning(bottom) should be played, for development purposes, even if the losing team needs more than 5 runs to tie or win the game.
8. A player may only score on a batted ball or a walk. Rules on Page 9.
9. Ten run mercy rule will not come into play in community games due to time limit. In Provincial playdown games, the mercy rule is not optional and teams must complete 4 innings at a minimum, for pitch count purposes.
10. All players must be placed in the batting line-up. Defensive substitutions, other than pitching, are unlimited.
11. A team may play with less than 9 players in the line-up. **The empty spots in the batting order are not considered outs.** 9 players are mandatory in Carillon Provincial League playoffs.
12. A player can not 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.
13. **PITCH COUNT TOTALS ARE UPDATED YEARLY) Please check MBA handbook for official totals and new rules . Please read Q and A on page 7. Although 75 pitches is the maximum, the baseball LTAD plan and the CMBA encourages coaches to limit pitchers to 45 pitches until June 1st or a later date to ensure arm strength has been built to an appropriate level to reduce chances of arm injuries.**

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
Total pitches allowed in a day	75

the postponement.

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

Carillon Community League Mosquito Rules

1. Once the batter has received 4 balls in the count he/she will attempt to hit the ball off a batting tee. (A coach can positively reinforcement this to players by explaining that they were able to show the skill necessary to get a walk, they now get the great chance of getting an easy ball to hit off 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.

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. Infielders are not allowed to be any closer than the baselines before contact.
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.

Carillon Provincial Playdown Rules

As outlined in Baseball Manitoba and Baseball Canada rule books unless specified in the Carillon Mosquito Handbook. Here is a guideline to follow if you are considering entering the provincial league tournament with your league team.

I can consider entering the Provincial Playdown tourney in June if my team covers all of the following criteria:

1. My team has 5-6 quality pitchers that can throw 50 pitches or more in a game.
2. These pitchers have averaged less than 25 pitches and 2 walks per inning through the season. If the pitchers average more than this it will cause long innings which leads to boredom and lack of focus for the players on both teams.
3. The majority of my team consists of second year and advanced first year players.

Baseball Manitoba Mosquito scoring rule

(Applies to Carillon Community and Carillon Provincial leagues)

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, may not score on an overthrow from the catcher to the pitcher or to any player on the field, and may not score because of an overthrow by a defensive player. 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 baserunners out.

BASEBALL MANITOBA 2009 PITCH COUNT QUESTIONS AND ANSWERS

1. WHY THE MOVE TO PITCH COUNTS?

Researchers and medical professionals in the field of sports medicine have determined that the actual number of pitches thrown (i.e., pitch count) is a safer way to regulate pitching in youth baseball than innings pitched.

Dr. James R. Andrews, M.D., medical director at the American Sports Medicine Institute (ASMI) in Birmingham, Alabama, is the world's foremost authority on pitching injuries and ulnar collateral ligament reconstruction, or, as it is better known, "Tommy John surgery." He believes that Pitch Count is one of the most important injury prevention steps ever initiated in youth baseball. In the mid-1990's he started to notice an alarming increase in serious injuries in adolescent pitchers. For example during the last five years of the 1990's, 21 of the 190 "Tommy John" surgeries at his medical center were high school age pitchers or younger; however during the first five years of this decade, 124 of 627 "Tommy John" surgeries were high school age pitchers or younger. This alarming trend was also happening for other types of pitching injuries.

Little League Baseball instituted the Pitch Count process in 2006, and found that the majority were able to implement a pitch count without any problems. They also noticed that they were able to develop other pitchers who might not have otherwise ever taken the mound, and they found that their pitchers were stronger at the end of the season, with less arm pain.

In the previous method of pitching limitations, innings pitched were counted. However, not all innings were equal. For example, using the past rules, in a 2007 Pee Wee Game, one pitcher could have thrown 3 innings and only used 36 pitches to do so, while the opposing pitcher may need 75 pitches to pitch the same 3 innings. The old rules would state that both of these pitchers would be “eligible” to pitch again the next calendar day, and if they were to pitch 3 innings or less that day, they would be allowed to pitch a third consecutive day to a maximum of 7 innings. The potential volume of pitches that these arms could be subject to is incredible. Professional baseball teams would not put their pitchers through such a demanding schedule, and it certainly should not be appropriate for young, developing children.

Thus, the number of pitches delivered in a game will determine the amount of rest the player must have before pitching again. The idea of pitch count is to more accurately reflect the workload that is placed upon the pitcher, and to educate the coaches to be aware of the stresses of overuse.

It is recognized that Pitch Count is not the sole solution to eliminating arm problems as correct pitching mechanics may be even more important.

2. WHAT ARE THE NEW LIMITS?

Pitchers will be required to rest a prescribed number of days after throwing a specified number of pitches. The number of pitches and required rest are shown in the table below:

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
Total pitches allowed in a day	75

3. WHO WILL TRACK THE PITCHES

The Home Team will assign an Official Pitch Count Scorekeeper. This person will calculate the total pitches thrown for that calendar day and determine the required rest (if any) starting the next calendar day. Athletes must **not** exceed the maximum pitch count total for that

day. If there is no official Pitch Count scorekeeper, the home team scorekeeper will become the official Pitch Count scorekeeper. At provincial championships, the host site will be responsible for providing the Official Pitch Count Scorekeeper. Also at provincials, flip scoring boards will be used to track the pitches.

4. IS THERE A LIMIT TO THE NUMBER OF PITCHERS WHO MAY PITCH IN A GAME?

Any player on the team is eligible to pitch and there are no restrictions to the number of pitchers a coach may use in a game. (Excluding catchers: see #17)

5. WHAT CONSTITUTES A PITCHING APPEARANCE?

An appearance shall be defined as 1 pitch thrown or more. Every pitch thrown in the game is counted (including foul tips, and all foul balls). Warm-up pitches between innings, or when a new pitcher enters the game, are not part of the count. Intentional walks will be included in Pitch Count totals.

6. WHAT IF THE PITCHER HAS A NO-HITTER AND THEIR LIMIT IS REACHED?

Any pitcher, without regard to their effectiveness, must be removed when they reach the limit prescribed in the regulations. Remember, no game is more important than protecting pitchers' arms. This even applies to no-hitters and perfect games.

7. **ARE THERE STILL INNINGS PITCHED RESTRICTIONS?**

There is no limit to the number of innings a pitcher can pitch in a day or week. The limit is placed on the number of pitches only.

8. **DO WARM-UP THROWS OR PICK-OFFS COUNT AS PITCHES?**

Warm-up throws and pick off attempts at bases **DO NOT** count as thrown pitches. The only pitches that count towards a pitchers pitch count total are ones that are thrown to a batter.

9. **WHAT IF A PITCHER IS IN THE MIDDLE OF AN AT BAT WHEN THEIR LIMIT IS REACHED?**

Pitchers will be permitted to finish the batter if their maximum pitch limit has been reached for that calendar day. Following that batter they must be removed from the pitching position.

10. **WHAT ABOUT EXHIBITION GAMES AND TOURNAMENTS – DO THE NUMBER OF PITCHES STILL COUNT?**

Yes! All games that are played should have the pitches counted and logged. These rules are for the protection of the pitchers so that they can enjoy healthy and productive careers regardless of how long those careers may be.

11. **WHAT IS MEANT BY “REST DAYS”?**

A rest day is one full day as it is seen on a calendar. A calendar day begins at midnight and ends at midnight the following evening. Example: If a Mosquito pitcher throws 75 pitches in a game on Saturday morning, that pitcher cannot pitch again until Thursday, when he/she has had four calendar days of rest (Sunday, Monday, Tuesday and Wednesday). It makes no difference what time of day the pitcher pitched on Saturday, as the rest period does not begin until midnight that night. Therefore, required Rest shall be defined in “Days” starting at 12:01 a.m. and ending at 11:59 p.m. of the next calendar day.

12. **CAN THE SAME PITCHER THROW IN CONSECUTIVE GAMES IN CONSECUTIVE DAYS (back to back days)?**

Depending on the number of pitches thrown and the days of rest, the same pitcher could pitch in consecutive games. However, if a pitcher delivers the number of pitches beyond the “No rest required” limit, they must have the number of days rest as detailed in the Pitching Limits table. NOTE: Pitchers are **not** permitted to throw 3 consecutive days.

13. **CAN THE SAME PITCHER PITCH IN BOTH GAMES OF A DOUBLEHEADER PLAYED ON THE SAME DAY?**

Yes, pitchers shall be permitted to have a maximum of 2 appearances in the same calendar day. The Official Pitch Count Scorekeeper will calculate the total pitches thrown for that calendar day and determine the required rest starting the next calendar day. Pitchers must **not** exceed the maximum pitch count total for that day. These two appearances would only occur if 2 or more games are being played on the same day.

14. **ARE THE PROVINCIAL CHAMPIONSHIP PITCHING RULES THE SAME?**

The Pitch Count rules used at the Provincial Championships are the rules put forward to for leagues. The limits will remain the same throughout the year. .

15. **WHAT ABOUT BREAKING BALLS (curve balls, sliders, etc.)?**

These are currently under review. Regulations regarding these pitches at younger ages (Bantam and lower) may be coming in the next few years. The greatest issue is concern over damage to the pitchers growth plates from improperly thrown pitches and overuse.

16. **CAN A PITCHER RE-ENTER A GAME TO PITCH IF THEY HAVE NOT REACHED THEIR REST LIMIT?**

A pitcher who is removed from the mound during the game shall not be permitted to return to pitch in the same game, even if the pitcher is retained in the game in another position. As per Baseball Canada Rules, pitchers will not be allowed to re-enter a game to pitch once they have left the pitching position.

17. **WHY IS THERE A REGULATION PROHIBITING A PLAYER PITCHING AND CATCHING I THE SAME GAME?**

Medical authorities and experts say that a player who warms up to pitch, and then pitches, should not play catcher in the same game. Doing so does not provide enough “cool down” time for such a player, and the catcher has had to make almost as many throws as the pitcher. Therefore, coaches may want to predetermine those players that will catch in the game, and not make them a part of the available pitchers.

18. **WILL LOCAL LEAGUES HAVE THE ABILITY TO PROVIDE FEEDBACK TO BASEBALL MANITOBA AND BASEBALL CANADA REGARDING THE NEW PITCH COUNT RULE?**

Absolutely. As with any rule or regulation of Baseball Manitoba and Baseball Canada, local leagues are encouraged to provide feedback through the provincial office. This feedback is valuable in determining what, if any, changes need to be made.

19. **WHAT ARE THE PENALTIES FOR VIOLATING THE PITCH COUNT RULES?**

The violation of any pitching rules may result in forfeiture of the game in which the violation occurred. When the use of a pitcher who is ineligible or about to become ineligible is evident scorekeepers or other officials MUST notify the manager or coach of the offending team so that an opportunity for assignment correction may be immediately affected. (Baseball Canada Rules of Baseball 2009 version)

HOW PITCH COUNT WORKS FOR THE PITCH COUNT SCOREKEEPER

On Page 19 is a copy of the home team page from the Pitch Count Logbook. This is one of the Game Forms. Two of these forms are used for each game, one for home team and one for the visiting team. The **Pitch Count Scorekeeper** (PCS) will complete the information at the top of the page (home or away team, division, scorekeeper and date) for both pages.

The starting pitchers for both teams will be listed in the left hand column. After each pitch is delivered, the PCS will mark a hash mark through the number that corresponds to the pitch that was thrown (i.e. on the 1st pitch a line is put through the number 1, on the 2nd pitch, a line is put through the number 2, etc.). When the pitcher is done pitching, the PCS will indicate the total number of pitches thrown, and using the chart at the top, write in the number of days rest required. The example below is for a Mosquito game. It shows Bill Smith threw 65 pitches, and will require 3 days of rest. John Johnson, the 2nd pitcher, threw 17 itches and does not require any rest. Tim Tyler, the 3rd pitcher, threw 27 pitches and will need 1 days rest before he can pitch again.

MOSQUITO		PEE WEE		BANTAM	
Number of Pitches	Rest Period	Number of Pitches	Rest Period	Number of Pitches	Rest Period
1-25	No rest	1-30	No rest	1-30	No rest
26-40	1 day rest	31-45	1 day rest	31-45	1 day rest
41-55	2 days rest	46-60	2 days rest	46-60	2 days rest
56-65	3 days rest	61-75	3 days rest	61-75	3 days rest
66-75	4 days rest	76-85	4 days rest	76-90	4 days rest
Total allowed pitches in a day	75	Total allowed pitches in a day	85	Total allowed pitches in a day	90



HOME Team: ROCKETS Division: PEE WEE Scorekeeper: LARRY Date: MAY 1

Pitcher	Game Pitch Totals																															Total Pitches	Days of Rest Required
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Bill Smith	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	65	3
John Johnson	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	17	0
Tim Tyler	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	27	1

Once the game is completed, the PCS will write in the final Total Pitches and Days of Rest Required figures into the Monthly Records (on Page 19). Shown is the month of May from the Monthly Records book. Each number (1 to 31) corresponds to a day of the month. The pitching records from the Game sheet shown on the other page are transferred to the Monthly logbook. The number of pitches thrown on a day is marked, and an X is used to indicate the rest days. In the example below, Bill Smith threw 65 pitches on May 1 and requires 3 days rest (days marked by X). He can pitch again on May 5. John Johnson would be okay to pitch again on May 2 if a game was played on that date, but Tim Tyler will need to take 1 day off before pitching again. Coaches will know at a glance which pitchers are available to pitch on which day. The Pitch Count Monthly Records Logbooks should be given to the PCS before the game, so that the PCS knows which pitchers are eligible to pitch.

TEAM: _____ Baseball Manitoba Pitch Count Logbook Monthly Form MONTH: MAY

MOSQUITO		PEE WEE		BANTAM	
Number of Pitches	Rest Period	Number of Pitches	Rest Period	Number of Pitches	Rest Period
1-25	No rest	1-30	No rest	1-30	No rest
26-40	1 day rest	31-45	1 day rest	31-45	1 day rest
41-55	2 days rest	46-60	2 days rest	46-60	2 days rest
56-65	3 days rest	61-75	3 days rest	61-75	3 days rest
66-75	4 days rest	76-85	4 days rest	76-90	4 days rest
Total allowed pitches in a day	75	Total allowed pitches in a day	85	Total allowed pitches in a day	90



Pitchers	Monthly Pitch Totals (Please fill in numbers from Game Logbook Forms)																															Total Pitches for the month	Total Pitches to date for the year
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Billy Smith	65	X	X	X																													
John Johnson	17																																
Tim Tyler	27	X																															
Scorekeeper Initials																																	

The visiting team's PCS should also track pitches to keep their team informed, and check periodically with the home teams PCS to make sure they have the same numbers. In any case of discrepancy, the home team PCS's numbers will be considered as correct.

Mosquito Playoff Pitch Count Situations

The competition based league playoff will be played over 2 days and the developmental based league playoffs will be a one day playoff. Here are some examples that are relevant to our playoff structure and provincials and may help coaches with their pitcher management.

1. A pitcher can throw up to 25 pitches in one game or across 2 games on day 1 and still be eligible to pitch the next day. e.g. 10 – 15, 17 – 8, etc., any combination to reach 25.

2. If a pitcher only pitches up to 25 pitches on day 1, as in example 1, then he/she starts the second day with a clean slate and is eligible to pitch up to 75 pitches on day 2.
3. If a pitcher has exceeded a total of 25 pitches at any time on day 1, he can **NOT** pitch the next day.
4. If a pitcher exceeds 25 pitches in game 1, he can pitch again in game 2 on that day (up to 75 pitches in total), but not the next day. The pitcher can only surpass 75 pitches in a day to finish a batter.
5. If a player exceeds 25 pitches in a day, for pitching staff management purposes, a coach should try to use that pitcher as much as possible on that day, up to 75 pitches, as the pitcher will not be available the next day. Eg. 35 – 35, 30 – 40, 25 – 45, 20 – 55, etc. any combination to reach a maximum of 75. He can only surpass 75 pitches to finish a batter.

2008 Season Results

During the 2008 season coaches were asked to send statistics to the convenor to track results from the season. The following conclusions were made. Carillon Community was known as Developmental and Carillon Provincial was known as competitive in the past.

1. **Developmental games (use of the Tee on ball 4) were much closer than the competitive games(baseball Manitoba rules).** The average margin of victory in Competitive games was 9 runs compared to a 3 run average margin of victory in developmental games.
2. **There are a high number of walks in mosquito baseball games.** Teams in the competitive league averaged from 2 to 4 walks per inning, while the developmental league teams were all near 2.5 walks per inning. Walk levels were more controlled in developmental because modified rules allow for some outs to be made on walks.
3. **The trouble throwing strikes and the pitch count rule means that teams at the mosquito level need a high number of pitchers.** The average pitches per inning for competitive varied from 20-40 pitches per inning while the developmental teams were all near 25 pitches per inning. Pitch count levels were more controlled in developmental because modified rules allow for some outs to be made on walks. Please see entire Presentation on the carillon minor baseball website.

2009 Season Results- The modified game became more popular as 5 teams played competitive and 10 developmental compared to 7 and 7 in 2008. Two teams in competitive would have been better off in developmental as they did not have the pitching to compete, which led to blowouts affecting the quality of the game and enjoyment for all kids.

2010 Season Results- Similar to 2009. 9 Developmental and 6 competitive. 2 teams would have been better off in the developmental league.

2011 Season Results- The league decided to use developmental rules (use of tee on ball 4) for the entire community league in May and June. The competitive league became known as provincial league and it consisted of a tournament to decide the provincials reps. Only 2 teams decided their team was ready for provincial league play after May. This showed there was a need to continue the community league play for the entire season, while having an option for some teams to try the provincial league.

2012 Season results- 6 teams were put together for a Provincial league tourney on a Saturday in June. Separate from the Mosquito Jamboree.

2013 Season results- 3 teams played the tourney on the same day as the mosquito jamboree.

