

Carillon Minor Baseball

13U Community League

Coaches Handbook

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.

LTAD plan for 13U

➔ 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.

CMBA 13U Regular Season Game rules

(apply for Carillon Community league games)

The Carillon 13U league will use Carillon Community League rules for the entire regular season and will have one scheduled game a week (usually Wednesday/Thursday) from early to mid May until late June. Teams are encouraged to practice at least once a week. Tuesday night and weekends are set aside for regional teams, so if you choose to practice or play a game on those days your regional players may not be in attendance. Regional teams are asked to stay away from the other nights of the week to allow for local practices/games which means regional players are expected to attend local teams events on those nights. There is no playoff to end the community league due to the need for weekends for playdowns and the amount of regional programming we offer.

1. Two good baseballs and one new ball are to be used to start the game.
2. Base distance 70 feet. Pitching distance 48.
3. A level 1 umpire is mandatory. Home team is responsible for booking and paying umpires. (rates are on umpire page at www.carillonbaseball.ca)
4. All weeknight games start at 6:30. (Home team should be done their infield warmup by 6:30).
5. Home team coaches are asked to communicate with the visiting team in advance to inform them of the diamond number they are playing on and if there are any concerns about the weather. Ideally, rain out decisions are made early enough, but that can be based on distance needing to be travelled as well. ie. Steinbach playing la broquerie can roll the dice and try to play even if the weather isn't looking good, where as Lac Du Bonnet travelling to Steinbach may not be worth the risk. Teams should discuss and make a decision together that works best for both sides. ie. opponent can decide they would rather not travel due to forecast, it does not have to be the home team deciding to cancel.
6. Line-up cards must be presented to the umpire at the start of the game.
7. Carillon Community league games are scheduled for 6 innings or 2 hours and 15 minutes (approximate) an inning will not be started after 2:00 hours of play. If an inning is started it should still be completed.
8. All innings consist of 3 outs or 5 runs whichever comes first. The last inning(bottom) time permitting should be played, for development purposes, even if the losing team needs more than 5 runs to tie or win the game.
9. Ten run mercy rule will not come into play in community games due to time limit.
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.**
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. The maximum pitch count does not mean that is a suggested pitch count. The baseball LTAD plan and the CMBA encourages coaches to limit pitchers to 45 pitches (or less) until June 1st or a later date to ensure arm strength has been built to an appropriate level to reduce chances of arm injuries. The more pitchers you use each week the stronger your team and program will become.**
14. **Carillon 13U Baserunning rule:** Baserunners are allowed a minimal lead at first base (6 feet) and are not allowed to extend that lead until the pitcher has started his motion.

The purpose of the rule is:

#1- to promote the skill of baserunners going on the pitchers move. Players will have to watch the leg of the pitcher and will not be able to run when the pitcher comes to his set. Coaches should not yell “GO” as we want the players to learn to watch the leg of the pitcher. Coaches also please do not become fixated on whether or not the player left early as it will be a tough call for a single umpire to make.

#2- to allow pitchers to become comfortable with runners on base. Pitchers must pitch from the stretch with runners on first and or second (and should look at the runners as part of their motion) to allow for the pitchers to get comfortable from this position. The rule does not serve a purpose if pitchers throw from the full wind up and/or do not look towards the base. (Pitchers can still throw to a base even though there is a short lead. This will prevent baserunners from leaving on first movement and force them to watch the pitchers leg.)

#3- for the opportunity for more defensive attempts at baserunners by catchers.

Coaches should encourage catchers to attempt to throw out the runner even if the probability of it occurring is low. This will help develop catchers and infielders and is developing skills that will be used in the future.

- 15.** Carillon will incorporate the 11U rule of players only scoring on a batted ball or a walk. The rule is as followed:

Baserunners may not steal home, may not score on a passed ball or wild pitch, may not score on an overthrow from the catcher to the pitcher or to any player on the field. If the play is a continuation of a ongoing play in the field the player can continue to run. Ex. A player attempts to get a triple on a batted ball and the ball is thrown away he/she can keep running home

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 passed 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.

- 16.** Coaches should be aware of other CMBA, Baseball Manitoba, and Baseball Canada rules and bylaws.
- 17.** At the completion of the game it is the responsibility of the home team to email the scores to stats@carillonbaseball.ca
- 18.** The Baseball Manitoba pitch count app can be used, but pen and paper system is allowed. It is the responsibility of each team to keep their pitch count (ideally 13U players are not getting too close to the threshold listed above in community games). The Carillon High Performance teams may contact you in regards to getting updated pitch count totals for their players therefore each teams needs to maintain updated results.
- 19.** The Carillon High Performance teams may contact you in regards to not using a pitcher in a specific game to maintain his availability for one of their games. This is not a common occurrence, and it should be considered a positive, as it allows your high performance player to pitch at a higher level and allows you to give another player the opportunity to pitch in a league game which will build your local talent pool.