



## **BAY SOX BASEBALL GUIDELINES**

### **I.**

**Program Overview:** 3Step Sports is proud to offer the Bay Sox Developmental Travel Baseball Program and the Bay Sox Showcase Travel Baseball Program.

#### **a.**

Established on a foundation of professionalism and strong instruction, the Bay Sox Developmental Travel Baseball Program caters to players between the ages of 7 and 15 years old. Our mission is to provide our players with superior coaching from positive adult role models with demonstrated success and past experience in both coaching and developing young players. In order to accomplish our mission, our teams will work with their coaches throughout the winter months before embarking on a strong game schedule in the spring as part of the New Balance Select Baseball League. The Bay Sox Developmental Travel Baseball Program is meant to be a supplement, not a replacement, for local house league play at the 9u – 12u levels. As such, we do our best to schedule our games so as to avoid as many conflicts with local leagues as possible. Our 9u - 12u spring seasons conclude on or around Father's Day Weekend in June so that all players can then primarily focus on their local league's All-Star competitions.

#### **b.**

Established to offer high school aged players the opportunity to develop both their individual skills as well as encourage them to succeed as part of a team, our Bay Sox Showcase program provides players with experienced coaches with demonstrated success in developing not only strong players but also strong citizens. Our teams practice together multiple times per week throughout the winter before suspending practices in mid-March so our players can fully focus on their high school baseball commitments. Following the conclusion of the high school baseball season in early to mid-June, our teams reconvene with their coaches and embark on an extremely challenging schedule of games and tournaments meant to provide our players with both the opportunity to challenge themselves against the best competition in the region and to showcase themselves to collegiate coaches, and in some very rare cases, professional scouts. The Bay Sox Showcase program is a serious summer commitment for players wishing to participate. Players are expected to attend all games and team events throughout the summer. While we will never discourage our players from participating on other outside teams in addition to the Bay Sox Showcase team, it is our expectation and demand that our players are fully committed to our program as their top priority.

**II. Staff Roles:** Each of our Bay Sox Baseball Staff members have designated roles and responsibilities. In order to maintain continuity within the program, it is imperative that each staff member operate only within the scope of his/her responsibility.

- a. Directors – Dave Ulmschneider and Jason Martin
  - i. Schedules Annual Tryouts
  - ii. Manages Roster Selection Process



- iii. Establishes Program Guidelines & Expectations
- iv. Creates Schedule: Off-Season & In-Season
- v. Responsible for Teams' Tournament Selections
- vi. Manages Coaching Staff

**b. Head Coach**

- i. Runs Annual Tryouts and Any Individual Tryouts
- ii. Assists in Roster Selection Process
- iii. Primary Communicator with Players, Parents, and Assistant Coaches on Their Team
- iv. Manages Team/Players/Assistant Coaches
- v. Sets Practice Itineraries
- vi. Responsible for Team Instruction, Strategy
- vii. Responsible for Game Lineups, Substitutions
- viii. Responsible for In-Game Strategy (i.e., bunt, steal, hit and run, etc.)

**c. Assistant Coach**

- i. Assists in Executing Head Coach's Practice Itineraries
- ii. Assists with Team Instruction as Directed by Head Coach
- iii. Advises Head Coach with Game Lineups, Substitutions
- iv. Advises Head Coach with In-Game Strategy

**III. Chain of Command/Communication Tree:** Communication is the #1 key to our players-parents families-coaches-directors being on the same page. The communication needs to be consistent, relevant, and timely in order to avoid any issues throughout the course of our season.

- a. We operate our program on a specific timeline. Things that are most pertinent and highest priority will be handled first and foremost. There is a lot that goes into this program and each individual team. We kindly ask that you respect our communication process and know that everything you will need to know will be communicated in a timely manner.
- b. Please avoid consistently requesting information on things that do not need to be known at this time or even at all. If you don't have the information, it either hasn't been decided yet or isn't pertinent or relevant to your role as a player or parent.

**c. Communication Tree**

**i. Program Wide Flow of Pertinent Information**

- 1. Director(s) ↔ Head Coach ↔ Assistant Coaches, Players, and Parents

**ii. 9u – 12u Teams**

- 1. Parent and Player => Head Coach
- 2. Parent and Player => Director with Head Coach

**iii. 13u – 14u Teams**

- 1. Player => Head Coach
- 2. Player and Parent => Head Coach
- 3. Player and Parent => Director with Head Coach

**iv. 15u – 18u Teams**

- 1. Player => Head Coach
- 2. Player and Parent => Head Coach
- 3. Player and Parent => Director with Head Coach

**d.** Players and Parents are not permitted to approach a coach regarding an issue unannounced prior to, during, or after a practice, game, or at a Bay Sox Baseball practice facility during work hours. If there is an issue, please email the Head Coach to inform them that you would like to set up a time to speak about it or if it's something that simply requires a simple email/phone call



answer, then it can be taken care of that way.

**e.** Players and Parents are **NOT PERMITTED** to text or call the Head Coach regarding anything other than urgent and/or pertinent Bay Sox-related information.

**i.** Examples of when calling/texting the Head Coach are acceptable, encouraged.

**1.** "We are running late for arrival time."

**2.** "We will be absent from practice/games."

**ii.** Examples of when calling/texting the Head Coach are unacceptable.

**1.** "Can I get some innings at catcher tomorrow?"

**2.** "Why did my son only play 3 innings today?"

**3.** "Why is \_\_\_\_ playing 2B today instead of \_\_\_\_ ?"

**4.** "Why does \_\_\_\_ play all the time, and my son only plays part time?"

**5.** Any conversation that starts with or includes "My son doesn't know I'm calling/texting you, but....", or "Please don't let my son know I'm talking to you about this, but....."

**iii.** It is **NEVER** acceptable to call/text an Assistant Coach instead of the Head Coach for any reason.

**IV. Off-Season Priorities:** We not only allow, but we also encourage our players to participate in multiple sports. If your winter sport commitment prevents you from attending a Bay Sox Baseball activity, that is an excused absence. However, we expect all players to make a full effort to attend Bay Sox Baseball activities late or leave early rather than miss a session completely if it logistically works for the player/family. While players will not be "penalized" for missing an off season practice, they will simply miss out on the full developmental program. Multiple absences over the course of the winter will result in a competitive disadvantage for the player and the team. This is likely to result in a reduced role and/or reduced playing time. If a player has missed a practice without communicating prior to the practice session, a note will be submitted to the director for further review of the situation. If it happens multiple times, disciplinary action will be handled on a case-by-case basis.

**V. In-Season Priorities:** For the Bay Sox Baseball program to achieve our mission, our players and staff need to be 100% dedicated to the program. When our teams are in-season, the "Baseball Commitment Priorities" are as follows:

**a.** School Team Game (HS anytime; MS weekdays only)

**b.** School Team Practice (HS anytime; MS weekdays only)

**c.** Bay Sox Baseball Game

**d.** Recreational/Town League Baseball Game (9u – 12u only)

**e.** Bay Sox Baseball Team Practice\*\*\*

**f.** Babe Ruth/Senior League/American Legion Game (13u – 18u)\*\*\*

**i. f.** may be prioritized ahead of **e.** upon advance request by the player to the Head Coach and with



permission in advance from the Bay Sox Baseball Head Coach

- g.** Recreational/Town/ Babe Ruth/Senior League/American Legion Practice
- h.** Off-Season Sport Game/Training or Other Activities

**VI. Non-Bay Sox Baseball Teams:** Players in our program are permitted to play for recreational/youth league teams, American Legion teams, and school teams outside of their commitment with the Bay Sox Baseball program. Players ages 13u – 18u must prioritize Bay Sox Baseball activities above all other baseball activities, except for school baseball. No player, regardless of age, is permitted to play for or be rostered by another travel program/team/organization during the Bay Sox Baseball season without the advance written permission of Bay Sox Baseball Administration.

**a. High School Baseball:** Bay Sox Baseball players are expected to be a bona-fide team member of their high school team for the duration of the school season. Bay Sox Baseball should take a back seat to all high school baseball commitments. It is expected that once the high school baseball season ends, players will be fully committed to their Bay Sox Baseball team.

**b. Middle School Baseball:** Bay Sox Baseball players are permitted to participate for their middle school/jr. high school baseball teams. However, Bay Sox Baseball advises against the following:

**i.** players at any age level pitching for both their Bay Sox Baseball team and their middle school team.

- 1.** Players should make clear to their Bay Sox Baseball coach, during tryouts, or as early as possible, what level of commitment with regards to pitching they are willing to make to the program if they also plan to play middle school baseball,
- 2.** Players should make clear to their middle school baseball coach, at tryouts or as early as possible, what level of commitment with regards to pitching they are willing to make to the middle school team if they also play Bay Sox Baseball.
- 3.** This will allow the roster builders of each team to know what a player's capabilities/limitations are when offering the player a roster spot.

**ii.** players from prioritizing any middle school baseball activities over Bay Sox Baseball activities on the weekend (i.e., Saturdays and Sundays).

- 1.** As Bay Sox Baseball primarily plays doubleheaders each weekend, players will be able to fully commit to their middle school baseball team on Monday – Friday. On the weekend, Bay Sox Baseball expects to be made the player's priority.

**iii.** Bay Sox Baseball feels strongly that it is detrimental for a player's development to participate on multiple teams that play on different size fields (i.e., 50/70 for 11u/12u and 60/90 for middle school/high school.) While we do not discourage players from participating for their school team, we advise that 12u players/families who will be participating for their middle school give thought and consideration to trying out for our 13u team(s) rather than going back and forth between different size fields, bat sizes, etc.

**c. Recreational/Youth League/Babe Ruth League/Senior League/American Legion Baseball:** As stated above, Bay Sox Baseball encourages our 9u – 12u players, and allows our 13u – 18u players to participate in these activities under the conditions/priority listed above.

**i.** No Bay Sox Baseball player at any age may pitch for any outside, non-school baseball team in-season without the advance permission and direction/guidance of their Bay Sox Baseball coach (i.e., permission to pitch, number of pitches allowed, etc.)

- 1.** Each Bay Sox Baseball Head Coach will communicate with his team's families by no later than early Monday afternoon each week with a report of each pitcher's use over the past weekend, each pitcher's required days of rest, if each player is permitted to pitch that week for another team, and the number of pitches permitted for each player.
- 2.** It is the responsibility of each parent to communicate with their player's outside team



coach regarding their player's specific pitching restrictions.

**3.** If the Bay Sox Head Coach's direction/guidance is not followed by the player/family/outside team coach, future permission may not be granted and/or there may be a reduction in playing time on the Bay Sox Baseball team.

**d. Other Non-Baseball Related Sports, Teams, Activities:** Bay Sox Baseball will always be prioritized over any and all other non-baseball related sports, teams, activities, etc., school related or otherwise, in-season. (In-season is defined as the period of time beginning on the date of the first spring/summer game and ending with the conclusion of the final spring/summer game.)

**VII. Over-Scheduling:** Parents, please be aware of how much you are scheduling for your student athletes. Again, we highly encourage our players to participate in other sports and activities throughout the year, but some commitments, especially DURING our season, will work against team chemistry and your player's baseball development.

**VIII. Attendance Policy:** Players are expected to be in attendance for all Bay Sox Baseball commitments unless they have an excused absence.

**a.** Excused Absences include, but are not limited to:

**i.** Player Illness

**ii.** Player Injury (case-by-case)

**iii.** In-Season Athletic Commitment during Bay Sox Baseball Off-Season **iv.** Mandatory School Function or School Athletic Commitment

**v.** Religious Commitments

**vi.** Family Commitment (including vacations, but on a case-by-case basis)

**b.** Unexcused Absences include but are not limited to:

**i.** School-related academic issues (case-by-case, including but not limited to poor grades, late schoolwork, or other conduct-related reasons)

**1.** Bay Sox Baseball players are expected to prioritize schoolwork deadlines and their academics so that failures in either area do not infringe on their Bay Sox Baseball commitment.

**ii.** Absences due to behavior issues (i.e., unsatisfactory conduct at school, unsatisfactory conduct/behavior at home, legal issues, etc.)

**1.** Bay Sox Baseball players are expected to be models of good citizenship and must always be aware that they represent not only our program, but also themselves, their families, and their community.

**iii.** Athletic Commitment for another sport DURING the season/in-season.

**iv.** Other recreational activities (i.e., day trips, birthday parties, concerts, etc.)

**v.** No Show - No Communication

**c.** Penalties for Unexcused Absences

**i.** If a player continuously misses or is late to off-season practices without communication or excused reasoning, a review of the player's commitment level between the Head Coach and the Director will



take place.

ii. If the Head Coach and Director determine there is an issue with the player's commitment level, our staff will be in contact with the player's family to resolve the issue.

iii. Penalties for consistent attendance policy offenses may include practice suspension, lost playing time, game suspension, and potentially removal from the program.

iv. If a player misses a game with an unexcused absence, that player will not play in at least the first half of the following game but may be substituted into the game no earlier than halfway through the game (Top of the 4<sup>th</sup> for 9u – 12u; bottom of the 4<sup>th</sup> for 13u – 17u), at the discretion of the Head Coach. If a player misses a doubleheader with an unexcused absence, that player will show up in uniform and sit at least one full game. If a player misses an entire weekend (two doubleheaders or a tournament, including but not limited to playoffs), that player will show up in uniform and sit at least one full doubleheader. If a player misses an entire weekend (two doubleheaders or a tournament, including but not limited to playoffs), that player will show up in uniform and sit at least one full doubleheader.

v. A player's history within the program can play a very large role in how situations are handled regarding absences. A player who has been in the program for multiple years, has barely ever missed a workout, and/or does not frequently miss for vacations will be treated differently than a player who consistently arrives to practices 5-10 minutes late, had to miss a doubleheader/tournament due to outside reasons, misses a variety of activities for multiple vacations during the same season (from start of indoor practice to the final spring/summer game).

## IX. Arrival Times and Preparedness

### a. Practices

i. Players are expected to be "ready to start practice" at the designated practice start time.

ii. Players must be wearing full team-issued practice uniform including practice hat, practice shirt, and practice shorts. If wearing long sleeves, they must be UNDER your Bay Sox Baseball practice shirt. When practices move outdoors, players can wear Bay Sox Baseball sweatshirts over their practice shirts, and grey or white baseball pants instead of their practice shorts.

iii. Players must be fully prepared for practice; sneakers/cleats tied, hat on, shirt tucked in, etc.

### b. Games (Regular Season, Playoffs, and Tournaments)

i. Please expect to be ready to begin pre-game 45 – 60 minutes prior to a game's start time. The exact arrival time for each activity will be determined by the Head Coach and communicated to families. This includes away games so please plan your departure from home and travel time accordingly. Tardiness to games may affect playing time.

ii. Pre-game attire includes cleats on and tied, game pants/belt on, shirt tucked in, hat on, and ready to go.

iii. Players must wear program-issued uniform items only. This includes the correct *program-issued* batting helmet, hat, jersey, pants, belt, and socks.

1. HOME GAME UNIFORMS => Red visor hat with white panel and navy socks logo, White "Astros" style V-neck jersey, White *New Balance* Full Length or Knicker Pants, Red Belt, Solid Red Socks.
2. AWAY GAME UNIFORMS => Red visor hat with light blue panel and SOX logo, light blue full button SOX jersey, light blue *New Balance* Full Length or Knicker Pants, Red Belt, Solid Red



Socks.

3. **TOURNAMENT UNIFORMS** => Each Head Coach will determine uniforms to be worn in each game/day of a tournament. This will be clearly communicated to all players/families in advance of the tournament.
  4. Players who wish to wear an undershirt under their game jerseys, long sleeve or short sleeve, may do so but the sleeves must be solid red. No other colored sleeves are acceptable.
  5. Players are allowed to wear compression sleeves of any color if they wish.
  6. Any changes that a Head Coach would like to make to a uniform set must be for the entire team, not select individuals, and must be authorized by the appropriate Director prior to implementation. (i.e., different game socks)
  
  7. Players can wear Bay Sox Baseball pullovers, sweatshirts, jackets, etc. in between innings or when not in game. No other apparel will be permitted to wear during Bay Sox Baseball games. These items are available in our online apparel store and through multiple flash stores throughout the year.
- iv. Players who are not outfit in the proper uniform for a game (correct hat, correct jersey, program-issued pants, solid red belt, solid red socks, and optional red undershirt) will be given a warning for the first offense and will not be permitted to play in that contest/doubleheader on the second and subsequent offense. Multiple uniform infractions will result in a review of the player's commitment to the program.

## **X. Playing Time**

This is a travel program, not a recreational league. As such, **PLAYING TIME WILL NOT BE EQUAL**. Players earn playing time by performing at a high level. Coaches will use their best judgement based on the off-season practices to determine where players stand at the beginning of the season. The first few weeks of the season may be used to spread playing time out a bit more and move players around to get the best sense of where each player stands within the team. As a developmental program, no player will sit all weekend. Coaches will be sure to get players playing time throughout the weekend in various roles.

- a. **9u – 12u Teams**: Players will play a minimum of 3 defensive innings (or 6 defensive innings in combined games of a doubleheader) and have a minimum of one plate appearance per game (or 2 plate appearances in combined games of a doubleheader) unless the player is sitting out for a disciplinary reason. When players will be sitting out because of a disciplinary reason, the Head Coach will notify the appropriate Director and the player/family in advance. Players being disciplined are required to attend the game(s).
  - i. Coaches and parents need to understand that not all games will go a full 6 innings for a variety of reasons such as mercy rules, darkness, etc. If a player is “shorted” in a game/doubleheader for any reason outside of player discipline or injury, the coach will do his/her best to make-up the time to the player in the next game/doubleheader. A player continuously/consistently being “shorted” playing time is not acceptable.
- b. **13u – 14u Teams**: Players should participate in each game in some manner. (Minimum: pinch hit, defensive replacement, pinch run, etc.), unless the player is sitting out for a disciplinary reason or injury. When players will be sitting out because of a disciplinary reason, the Head Coach will notify the appropriate Director and the player/family in advance. Players being disciplined are required to attend the game(s).
  - i. Coaches are tasked with both providing developmental opportunities and putting their team in the best possible position to win games, tournaments, and league championships. Playing time at these levels will be distributed accordingly with the achievement of those goals in mind.
  - ii. ***The achievement of these program/organization goals does not require a team to go “undefeated”.*** If necessary, Head Coaches will use non-league games, non-division NB Select Baseball League games, and inconsequential pool play games in tournaments to give players who



have logged less playing time in previous games some on-field opportunities for development.

iii. Players who register for Bay Sox Baseball with a designation as a “pitcher only” are exempt from this playing time requirement. However, a “pitcher only” should appear at least once each weekend/tournament. These players are not permitted to appear in games as anything other than as a pitcher except in cases where the team would otherwise be forced to forfeit a game due to a lack of available players.

c. 15u – 18u Teams: All playing time is at the discretion of the Head Coach. There are no minimum playing time guidelines at these “showcase” levels.

i. Coaches are tasked with providing developmental opportunities for players, showcase opportunities for players to college coaches and pro scouts, and putting their team in the best position to finish well in tournaments. This leads to greater showcase opportunities for all players. Playing time at these levels will be distributed accordingly with the achievement of those goals in mind.

ii. Head Coaches should use inconsequential pool play games in tournaments to give players who have logged less playing time in previous games some on-field opportunities for development and showcasing.

iii. Players who register for Bay Sox Baseball with a designation as a “pitcher only” should appear at least once each weekend/tournament. These players are not permitted to appear in games as anything other than as a pitcher except in cases where the team would otherwise be forced to forfeit a game due to a lack of available players.

d. Playing time will be **EARNED** (not given, or paid for through tuition) through:

i. Performance in games

ii. Performance in practice

iii. Work ethic during practice, and by being a team player. iv.

Commitment to the team in practices, games

e. Playing time allotment is at the full and complete discretion of the Head Coach. The **Head Coach only**, not parents, fans, or other outside influences, shall be the sole determinant on how much playing time each player has earned/deserves.

f. If a player is not happy with their playing time or their perceived role on the team, a **player** (not a parent) should ask the Head Coach for an appointment time to speak about it. The conversation will be focused on **HOW** the player can improve to get to where they want to be (player accountability), and not on **WHY** they are not playing as much as they prefer (blame on the Head Coach).

i. Obviously, it is not feasible to expect our younger players (9u - 12u) to be mature enough to advocate for themselves in these situations. For these younger players, it is acceptable for the parent(s) to speak to the Head Coach. However, it is expected that the player will join the parent(s) at this meeting. It is a great opportunity to model appropriate behavior to these young players.

ii. For our 13u - 18u players, our Head Coaches will not discuss playing time issues with parents without first having discussed the issue with the player. Any meeting between the Head Coach and parents about a player’s playing time, role on the team, etc. will include not only the Head Coach and the parent(s) but also the player.

iii. For our 13u - 18u players, we will never be a party to “My son doesn’t even know I’m calling, but.....”, or “Please don’t tell my child that I said something, but.....”. If it is important enough for you to get involved, we will be including the player in these conversations/meetings. Please don’t ask or expect our staff to keep these issues or conversations from your player.

g. Things that **WILL AFFECT** a player’s playing time include poor or sub-par performance in practice and games compared to teammates and level of competition, unexcused practice and/or game absences, repeated incidents of tardiness to practices and/or games, being a poor teammate, and inappropriate behavior/attitude from player and/or parent(s) of player.





**h. 24-Hour Rule:** No Player or Parent is permitted to contact a coach (i.e. phone call, text message, or email) inside of 24 hours after the conclusion of the last activity of the weekend regarding a playing time issue or other complaint. We respectfully ask that players and parents give themselves a day to become less emotional and more rational about a situation before communicating their concerns to the Head Coach. It is our experience that this “cooling down” period leads to a more productive exchange between all parties. In turn, no Bay Sox Baseball Head Coach will be permitted to answer an email of this nature inside of 24 hours.

**XI. Pitching Guidelines:** Bay Sox Baseball takes the health and well-being of our players very seriously. Therefore, we take a number of precautions to make sure our young players are not overused.

**a.** No Bay Sox Baseball player at any age may pitch for any outside, non-school baseball team in-season without the advance permission and guidance/direction of their Bay Sox Baseball coach (i.e., day(s) available, number of pitches allowed, etc.). This includes but is not limited to a player’s recreational league teams.

**i.** Parents may opt to have their player prioritize pitching for an outside, non-school baseball team (recreational league) if they so choose, but must notify the Bay Sox Baseball Head Coach as soon as possible of this intention. Please understand that this choice may affect a player’s Bay Sox Baseball playing time.

**ii.** Each Bay Sox Baseball Head Coach will communicate with his team’s pitcher’s families by no later than early Monday afternoon each week with a report of each pitcher’s use over the past weekend, each pitcher’s required days of rest, if each player is permitted to pitch that week for another team, and the number of pitches permitted for each player.

**iii.** It is the responsibility of each parent to communicate with their player’s outside team coach regarding their player’s specific pitching restrictions.

**iv.** If the Bay Sox Head Coach’s direction/guidance is not followed by the player/family/outside team coach, future permission may not be granted and/or there may be a reduction in playing time on the Bay Sox Baseball team.

**b.** Bay Sox Baseball players who participate in middle school baseball must prioritize pitching for either their Bay Sox Baseball team, or for their middle school baseball team.

**i.** Any Bay Sox Baseball player who opts to make themselves available as a pitcher to their middle school baseball team will not be used as a pitcher for their Bay Sox Baseball team while the seasons of the two overlap (April, May).

**1.** Parents and players must understand that our teams are selected based on players’ positions to maximize each player’s playing time on the team. If your child was chosen for a roster spot based on his ability to pitch and then chooses to prioritize pitching for his/her middle school team instead of his Bay Sox Baseball team, the player and parents should expect that it will negatively impact his/her Bay Sox Baseball playing time.

**2.** The Bay Sox Baseball player may request the permission of his/her middle school baseball coach to pitch for their Bay Sox Baseball team at the end of each middle school week, prior to the Bay Sox Baseball weekend games. The Bay Sox Baseball coach will only pitch the player in question with written permission from the middle school coach which lists detailed and specific availability/limitations for the pitcher. (i.e. day or days the pitcher may or may not throw, number of pitches the pitcher may throw, etc.)

**ii.** Any Bay Sox Baseball player who opts to make Bay Sox Baseball their pitching priority must inform their middle school coach at tryouts (or as early as possible) that they do not intend to pitch for the middle school team.

**c.** Bay Sox Baseball players who participate for high school baseball teams (Freshmen, Junior Varsity, and/or



Varsity levels) will not pitch for their Bay Sox Baseball team while the seasons of the two overlap (April, May, and possibly into June).

i. The Bay Sox Baseball player may request the permission of his/her high school baseball coach to pitch for their Bay Sox Baseball team at the end of each high school week. The Bay Sox Baseball coach will only pitch the player in question with written permission from the middle school coach which lists detailed and specific availability/limitations for the pitcher. (i.e. day or days the pitcher may or may not throw, number of pitches the pitcher may throw, etc.)

d. Bay Sox Baseball follows the recommendations and pitch count limitations of the MLB/USA Baseball Pitch Smart Program.

i. For 9u – 12u players, some key guidelines are:

1. Make sure to properly warm up before pitching.
2. Follow pitch count limits and required rest periods.
3. Pitchers once removed from the mound may not return to pitch.
4. No player shall appear in a game as a pitcher for three consecutive days, regardless of pitch count.

ii. For 13u – 18u players, some key guidelines are:

1. Make sure to properly warm up before pitching.
2. Follow pitch count limits and required rest periods.
3. A pitcher remaining in the game but moving to a different position may return as pitcher, but only once per game.
4. No player shall appear in a game as a pitcher for three consecutive days, regardless of pitch count.

iii. Bay Sox Baseball coaches will abide by all Pitch Smart pitch count guidelines and rest guidelines, no matter the situation.

1. If a player reaches the maximum number of recommended pitches during an at-bat, the player may finish pitching to the batter but must be replaced prior to the next batter.
2. If a player goes over a specific Pitch Smart benchmark, even by only one pitch, the coach will still follow the appropriate Pitch Smart guideline for the actual number of pitches thrown.
3. Bay Sox Baseball coaches will not use their best judgment to dismiss the Pitch Smart guidelines to use the player as a pitcher more than what is prescribed.

e. Bay Sox Baseball coaches may, at their discretion, strengthen the Pitch Smart guidelines as they see fit. Examples include but are not limited to 1 day of rest for a pitcher throwing 1 – 20 pitches, an extra day of rest above and beyond what is prescribed, a lesser daily max number, etc.

## **MLB / USA BASEBALL PITCH SMART PITCH COUNT LIMITS AND REQUIRED REST GUIDELINES**

AGE	DAILY MAX (PITCHES IN GAME)	0 DAYS REST	1 DAY REST	2 DAYS REST	3 DAYS REST	4 DAYS REST



9u - 10u	75	1 - 20	21 - 35	36 - 50	51 - 65	66+
11u - 12u	85	1 - 20	21 - 35	36 - 50	51 - 65	66+
13u - 14u	95	1 - 20	21 - 35	36 - 50	51 - 65	66+
15u - 16u	95	1 - 30	31 - 45	46 - 60	61 - 75	76+
17u - 18u	105	1 - 30	31 - 45	46 - 60	61 - 80	81+

## **XII. Behavior & Attitude – Code of Conduct**

### **a. Players Code of Conduct Key Points**

- i.** No team member shall use any tobacco or tobacco related product before, during or after a game on or within the playing area, including the dugout.
- ii.** Players will refrain from unsportsmanlike gestures, talk, language, or profanity. No audible swearing/foul language will be tolerated. Players will not taunt or tease players on the opposing team. Players shall not give in to the behavior of other team's parents/coaches. It is expected that players will be leaders, and represent the program in a positive, sportsmanlike manner.
- iii.** All players will show respect towards the umpires and their decisions. All decisions made by the umpires are to be accepted as final. No player should argue a call or judgment. Only the coaches should be questioning calls and judgments. Excessive arguing with umpires/coaches/players is not only frowned upon, but also will result in an immediate loss of playing time, removal from game.
- iv.** No team member shall throw his bat, helmet, glove, or any object in disgust on or off the playing field at any time.
- v.** Players will accept the coaches' decision regarding playing positions, batting order, and the amount of playing time. Players must understand that this is a travel team and that there are no guarantees for equal playing time.



**vi.** Players must understand that Bay Sox Baseball reserves the right to release any player from the team for poor sportsmanship by the player and/or the player's family during games, or for other reasons to include but are not limited to lack of cooperation, poor attitude, and lack of commitment, effort or attendance.

**vii.** Players must understand that the coach may impose additional rules, guidelines and/or policies that they are required to follow and failure to comply with the rules, guidelines and/or policies is a violation of their commitment.

**viii.** All players will follow the guidelines set forth for the team and the program.

**ix.** Players are committed to the Bay Sox Baseball program for the duration of the team's season. They are not allowed to be on another travel team's roster unless they have obtained prior written approval from Bay Sox Baseball Administration.

**b. Parents Code of Conduct Key Points**

**i.** Parents must obey all rules and regulations of Bay Sox Baseball, and the various travel leagues and organizations we participate with and parks and facilities that we participate at.

**ii.** Parents must understand that any on-field issues will be handled by the team's coaching staff unless a coach asks for help regarding a severe injury.

**iii.** Parents will "keep your distance" from the dugout during games, and refrain from "coaching from the stands." Being directly behind the backstop or right next to the dugout every time your player is on the mound or at the plate, and/or yelling instructions from the stands is a distraction to them. Parents will save their feedback to their player for the car ride home.

**iv.** Parents will agree to be responsible to get their player to all team activities, including but not limited to practices and games, on time.

**v.** Parents will remember that players are involved in organized sports for their own enjoyment, not their parents'.

**vi.** Parents will help teach their player to always play by the rules.

**vii.** Parents will help teach their player that commitment, hard work, and an honest effort are often more important than a victory.

**viii.** Parents will help their player work toward skill improvement, good sportsmanship, and being a good team member and teammate in every game. Your player will then be a winner, even in defeat.

**ix.** Parents will not complicate team chemistry by offering to provide equipment, apparel, and other items to be used by players in Bay Sox Baseball activities to only selected members of a team. This hurts team chemistry by creating cliques. Items of this nature that are offered to and purchased by less than the entire roster of a team will be prohibited for use at Bay Sox Baseball activities.

**x.** Parents will not ridicule or yell at your player, or any other player, for any reason. Parents shall support their player, his/her teammates, and his/her coaches. Be a positive cheer in the stands.

**xi.** Parents will not give in to the behavior of other team's parents/coaches. Parents shall be leaders, represent the program, your child, and your family. Parents shall set a good example of what positive, sportsmanlike behavior is. Children learn best by example and parents are their primary role models.

**xii.** Parents shall not publicly question an umpire's judgment, and never their honesty. Parents will accept the umpires' decision as final and respect and understand the fact that they too make mistakes. No umpire wants to hear from a player's mom or dad in the stands that they missed a call or that they are favoring one team over the other (and neither does our coaching staff).

**xiii.** Parents shall recognize and respect the value, experience, and importance of our coaches. Parents will give them their due respect. Without them, there would be no program.

**xiv.** Parents will support all efforts to remove verbal and physical abuse from youth sporting activities.

**xx.** If a parent has a problem/conflict with the coach/coaches, do not approach them during or after a game. Parents will respect the "24-Hour Rule" and will contact the Head Coach after that time to discuss the matter or to set up an in-person meeting with the Head Coach to discuss the matter.



**xxi.** Parents will accept the coaches' decision regarding playing positions, batting orders, and the amount of playing time. Parents must understand that this is a travel program and there are no guarantees for equal playing time or position.

**xxii.** Parents must understand that Bay Sox Baseball reserves the right to dismiss any player from the team for poor sportsmanship by the player and/or the player's family during games, or for other reasons to include but are not limited to lack of cooperation, poor attitude, lack of commitment, effort, or attendance.

**xxiii.** If a player is dismissed from a practice or game for a conduct violation, the Head Coach/Program Director has the discretion to suspend the player for a maximum of 2 games (in addition to the game the player is dismissed from).

**xxiv.** Parents must understand and acknowledge that player registration payments are non-refundable. If a player is dismissed from or voluntarily leaves a Bay Sox Baseball team, the parents are not entitled to any refund and all monies are forfeited. Additionally, parents must understand that they are committing to make payment in full of the full registration fee regardless of whether your player is dismissed from or voluntarily leaves the team.

**xxv.** Parents must understand that the Head Coach may impose additional rules, guidelines and/or policies that they and/or their player are required to follow and failure to comply with the rules, guidelines and/or policies is a violation of your commitment.

**c. Coaches Code of Conduct**

**i.** Bay Sox Baseball Coaches shall not use any tobacco or tobacco related product before, during or after a game on or within the playing area, including the dugout.

**ii.** Bay Sox Baseball Coaches are there to manage the players on the team, the lineup, the in-game strategy and all other on-field activities.

**iii.** Bay Sox Baseball Coaches will refrain from unsportsmanlike gestures, talk, language, or profanity. No audible swearing/foul language. Bay Sox Baseball Coaches will not taunt or tease coaches and/or players and family members on the opposing team.

**iv.** Bay Sox Baseball coaches will not give in to the behavior of other team's parents/coaches/players. They will model being the leader, representing the program in a positive, sportsmanlike manner.

**v.** Bay Sox Baseball Coaches will always coach with each player's health, safety, and well-being in mind at all times.

**vi.** Bay Sox Baseball Coaches reserve the right to remove a player from the day's practice or game for inappropriate behavior.

**vii.** Each team's Head Coach will choose a designated official scorer for their team's games. Preferably this person will be one of the coaches but may be a parent designated by the Head Coach. In the event that it is a parent acting as the team's official scorer, they must use the GameChanger (or other scoring app) account of the Head Coach. No parent will have access to a team's scoring app account, or the information contained within. Only the statistics kept on the Head Coach's account are official.

**BAY SOX BASEBALL IS PROUD TO BE  
POWERED BY**



# 3STEP

## S P O R T S

### ACKNOWLEDGEMENT AND AGREEMENT

We acknowledge that we have read the Bay Sox Baseball Program Guidelines.

We understand that we are committed to the Bay Sox Baseball Program for the 2022 season.

We agree to follow the guidelines listed in the Bay Sox Baseball Program Guidelines, and also agree that we will abide by all program rules contained therein. We understand that disregard of these guidelines and/or failure to follow the guidelines on the part of the player or parent(s) may result in the player's dismissal from the program without refund.

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Player's Signature

Date



\_\_\_\_\_  
Parent's/Guardian's Signature

Date