

PARKLAND MINOR BASEBALL ASSOCIATION COACHING MANUAL 2021



This coaching manual should be used as a supplemental resource to
compliment NCCP certified instruction.

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1.1

PMBA Recreation Coaching Philosophy

The philosophy of a coach is vital to the success of not only the players and the coach, but also the development and progress of the association.

Philosophies should always be centered on establishing a safe and enjoyable experience for the player, while also providing players with the tools they need to meet their individual developmental goals.

As coaching director, PMBA would like you to consider **CODE** when planning and executing your practices.

Collaboration (Build community through coaching)

- **TEAM COACH**
 - Ensure assistant coaches are properly utilized and incorporated in drills to contribute valuable advice to players.
 - Parents are not the registered coaches, but can be used to carry out preparatory tasks or assist with drills in a non-instructional manner.
- **COOPERATE, NOT COMPETE**
 - Communicate with other coaches at respective levels.
 - Be open to sharing ideas and developing a network to exchange practice plan and technical strategies.

Organization (Come to the field with a plan)

- **TIME MANAGEMENT**
 - Preplan practices to ensure efficient repetition and quick transitions.
 - Minimize downtime, but continually allow for appropriate physical and nutritional breaks.
- **GOAL ORIENTED**
 - Ensure each practice has a theme and clear developmental goals.
 - Create an environment that allows players to view realize their growth from start to finish.

Development (Recognize the right growth)

- **PROCESS over OUTCOME (PRO/OUT)**
 - Ensure that success is measured in terms of analyzing proper process and not just outcomes.
 - For example:
 - Proper throwing technic over the speed or accuracy of the throw.
 - Proper swing technique over how hard or far the ball was hit.
- **MOVE AT THE RIGHT PACE**
 - Avoid moving forward too fast – let players experience real success at a skill before advancing to the next level.
 - Structure practices to meet individual needs as much as team needs.

Experience (Leave them wanting more)

- **COACH TO KEEP THEM PLAYING**
 - Practices should be enjoyable and foster a positive experience for players.
 - Structure sessions to develop proper technique within active and fun based drills.
- **COMMUNICATE WITH CLASS**
 - Avoid negative criticism of players and their skills. Keep constructive communication positive and growth minded.
 - Keep open lines of discussion with parents, assistant coaches and players.

2.1



Coaches Code of Conduct Form

As Coaches and representatives of Parkland Minor Baseball (PMBA), you are an essential part of assuring that the players and their families enjoy their baseball experience. As Coaches, you play an integral part in ensuring that the players learn to work together; sacrifice for the good of the team, enjoy development, and deal appropriately with challenges - all while becoming physically fit and healthy. As a Coach, the responsibility rests with you to teach sound baseball technique and sportsmanship as well as serve as a role model for all involved. The players and their parents will be watching you and the way you respond to all situations. It is essential that your conduct properly represents PMBA, you commit to following the CODE requirements and you enjoy the position of coach and community leader.

As a Coach of PMBA, I agree to the following conduct requirements:

1. I will treat all players and opposing coaches with respect. I will not use abusive language or actions. I will insist that all parents, coaches, players and fans associated with my team follow my example.
2. I will treat all umpires with respect, recognizing that they are volunteers or young adults, and that baseball rules involve judgment. If I have complaints, I will use the appropriate methods of appeal during or after the game and avoid confrontational behaviour on the field.
3. I will promote sportsmanlike conduct, shaking hands with the opposing coach after each game, encouraging my team members to cheer positively, and shake hands with the other team in a sportsmanlike manner after the game. I will not tolerate negative cheering, marginalizing comments, or displays of anger/disrespect by my team.
4. I will continuously improve my baseball coaching skill by keeping informed about sound principles of coaching, growth and development principles relating to children. I will attend coaching clinics to the best of my ability and follow the CODE requirements set out by PMBA.
5. I will stress to the players and parents the importance of leaving each other, each dugout, each ballpark, each tournament site, and each situation in better shape than we found them.
6. I will monitor the behavior of my team's parents in the stands and will take action as necessary to ensure proper conduct.
7. I will conduct regular practices that will be used to teach sound baseball fundamentals, while being fun for all involved. I will be patient and remember that players improve at different rates.
8. I will ensure all players are instructed on safety. I will check the equipment and facilities that we use to ensure they meet safety standards and are appropriate for the age and ability of my players. I will have a first aid kit on hand whenever my team is together.
9. I will not seek to manipulate drafts, tryouts, or PMBA rules to achieve an unfair advantage for my team. I will respect the confidentiality of the player evaluation scores.

10. I will remember that the game is for the players. I will stress to my players that they must abide by the rules of the game at all times.
11. At the conclusion of the baseball season, I will return all equipment to PMBA in a timely manner.
12. I will be drug and alcohol free while at any of my team's games and/or practices. I will not use any tobacco products in the dugout or on the playing field.

I acknowledge I have read and will comply with the PMBA Code of Conduct for Coaches.

Coach Name / Signature: _____

Date: _____

2.2



PMBA Parents Code of Conduct

The primary objective set out by Parkland Minor Baseball (PMBA) is to ensure an environment exists where players can develop the appropriate skills associated with gamesmanship, good character, and the fostering of community. PMBA encourages all parents and coaches to provide our players a field of play which allows them to reach their personal goals in a safe, accountable, and positively constructive environment.

Parents of PMBA play a vital role in modeling behavior on the field and contributing to the proper development of every PMBA player. All parents are asked to demonstrate patience and support for all coaches and PMBA programs. Through your positive and constructive encouragement, we can assure that players receive the experience necessary to continue their development and keep them playing this great game.

PMBA is serious about creating a supportive environment and requires parents to respect the following Codes of Conduct. It's about a great baseball experience for the players and those who offer up their time to volunteer for our kids.

As a Parent of PMBA, I agree to the following Codes of Conduct:

1. I will be a positive role model for my child by encouraging sportsmanship, respect and courtesy for all players, coaches, umpires and spectators of the game. This mode of character will be consistent at every game, practice or team event. I agree to not use abusive language or actions that constitute disrespectful, aggressive, or threatening behavior.
2. I agree that all coaching during the game will come from the registered and accredited coaches on the field and not by parents, guardians, or guests in attendance. I will respect the qualifications of the umpires in charge to call the game as they see it. **Questions related to calls or rules MUST be quietly addressed to the manager, who would then direct that question to the coaching staff.**
3. I will remember that every player on the team is a valuable part of the team and must be treated as such. Encouragement, support and congratulations will be equally spread to all players on the team. Before, during or after... win or lose, I will represent our association with dignity by applauding and congratulating the effort of both teams.
4. I will encourage my child to demonstrate his/her best effort during both practice and games. The philosophy of applauding proper "process over outcome" will be supported throughout the season.
5. I will tactfully address concerns with team managers/coaches in a respectable and private one to one environment. I will not argue with a coach in public, or marginalize the good intentions of a volunteer coach.

6. I will volunteer my time when required to the same team, managers and association that is providing my son/daughter with the opportunity to play baseball. The majority involved with PMBA are unpaid volunteers and deserve the respect that comes with donating their personal time.
7. I will with good intention and due diligence attempt to be on time to all events. I will try and arrange for alternate transportation if my child is unable to attend a practice/game due to prior commitments. My communication with coaches regarding attendance will be clear and quick as to allow the coach to properly manage the practice or roster in preparation for a game.
8. I will emphasize to my child that good athletes strive to be good teammates, coachable players and for safety reasons need to ensure they are both physically and mentally alert at all times.
9. I will remember why players play the game, as it is FUN, and the game is for the players, not the parents.
10. I will respect PMBA's "No Tolerance Policy" which implies that "those who have chosen to register with PMBA have an obligation to abide by the rules and regulations of the Association, if they wish to remain."

I acknowledge I have read and will comply with the PMBA Code of Conduct for Parents.

Parent/Guardian Signature & Date

Parent/Guardian Signature & Date

2.3



PMBA Players Code of Conduct

It is the primary objective set out by Parkland Minor Baseball (PMBA) is to ensure an environment exists where players can develop the appropriate skills associated with gamesmanship, good character, and the fostering of community. PMBA encourages all players to respect and uphold a field of play that allows them to reach their personal goals in a safe, accountable, and positively constructive environment. Baseball is a team sport and each player is viewed as an important component in the success of the team. As a player the responsibility rests with you to be willing to learn the many difficult skills of baseball, play hard, respect your coaches, respect the decision of the umpire, and be committed to your team for the entire season. As a player, your adherence to this code will promote fair play, discipline and sportsmanship for the good of PMBA.

As a Player of PMBA, I agree to the following Code of Conduct:

1. I will attend every practice and game that is reasonably possible and notify my coach if I cannot attend. I will understand the team expectations regarding punctuality and make every effort to be on time for practice and games.
2. I will do my very best to listen and learn from my coaches. I will give my best effort at all times, exhibited by hustle (running on and off the field) and a positive attitude. I will recognize my role as a student and see to it that development and not winning or losing becomes the priority.
3. As a member of the community, I will do my best to achieve success off the field, both in the classroom and as a respectful member of our community.
4. I will always remember that baseball is a game and is meant to be fun. I will control my temper on and off the field, discuss concerns about the game respectfully with coaches and use my emotional energy to help improve my personal performance. I understand that if I intentionally throw my bat helmet, glove or any piece of equipment that I will be subject to ejection from the game at the discretion of the umpire.
5. I will be supportive of my coaches and my teammates at all times, by offering positive comments and refraining from making negative comments, or placing blame. I will remember errors and mistakes by all players are part of growth and not to be ridiculed.
6. I will play within the rules of the game. I will play with good intention and to the best of my ability, but in a safe and responsible manner. I will not intentionally endanger another player in any way. I will avoid inappropriate behavior, including the use of profanity or other inappropriate language, during practices, games and other team activities.
7. I will bring a strong desire to achieve team goals, but also the ability to handle challenges. I will be humble in victory, gracious in defeat.
8. I will encourage good sportsmanship from fellow players, coaches, umpires and fans at every game and practice. I will not target, marginalize, taunt, or root against the opposing team. I will refrain from outbursts against the umpire and shall let the coach handle all umpire issues.

9. I will help maintain order and cleanliness of the team dugout, by picking up any loose equipment and refraining from any horseplay. I will help to ensure that we leave the dugout neater than we found it.
10. I will come to practices and games with proper equipment (mandatory protective equipment including Helmet, Jock Strap c/w Cup/Jill Strap, Cleats or Good Runners, Uniform, Practice Wear, Water Bottle, etc.) I will treat personal and team equipment with respect at all times, placing items in the proper place and position in the dugout.
11. I will encourage my parents to be involved in my team in some capacity because it is important to me and it helps create a stronger sense of community and care.
12. I will always search for enjoyment in the game and promise to have fun!

We have read, have discussed, and understand this Code of Conduct agreement, and fully, unequivocally support it, its intent, and its essence.

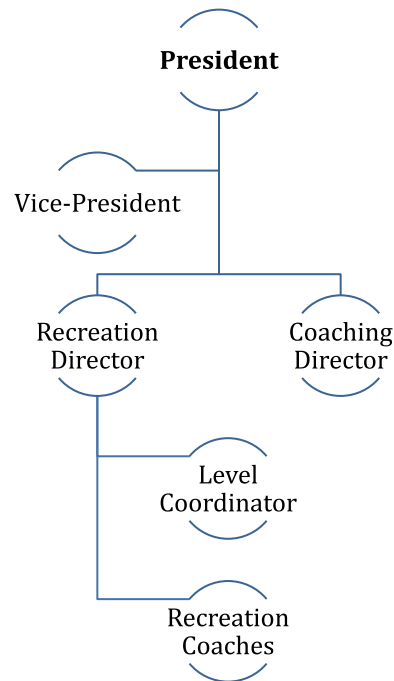
Player/Guardian Signature & Date

Parent/Guardian Signature & Date

2.4

PMBA Order of Communications & Contacts

PMBA Order of Communications:



PMBA Recreation Contacts

PRESIDENT
president@pmba.email

VICE-PRESIDENT
vicepresident@pmba.email

REGISTRAR
registrar@pmba.email

TREASURER
treasurer@pmba.email

RECREATION DIRECTOR
recreation@pmba.email

COACHING DIRECTOR
coach@pmba.email

DIAMOND SCHEDULER
scheduler@pmba.email

EQUIPMENT COORDINATOR
facility@pmba.email

UMPIRE IN CHIEF
umpire@pmba.email

***Additional Contacts available on PMBA website.**

3.1

Recreation Level Coaching Requirements

NOTE: RCMP CR & VSC are to be renewed annually.

9U/11U/13U Level:

- i. Respect in Sport Coach Online Certification*
- ii. RCMP Criminal Record and Vulnerable Sector Check
- iii. Baseball Canada NCCP Certification
 - a. Coach Initiation in Sport Online-optional
 - b. Initiation Coach Clinic-optional

15U/18U Level:

- i. Safe Sport eLearning Certification*
- ii. RCMP Criminal Record and Vulnerable Sector Check
- iii. Baseball Canada NCCP Certification
 - a. Coach Initiation in Sport Online-Required
 - b. Initiation Coach Clinic-optional
 - c. Teaching & Learning Clinic-optional
 - d. Skills Analysis Clinic-optional
 - e. Planning Clinic-optional

3.2

Team/Parent Meeting Checklist

1. Introduction of Coaching and Management Staff
 - Head Coach
 - Assistant Coaches (recommend 2-4 assistant coaches)
 - Manager

2. Review of Code of Conduct
 - Coach
 - Parent
 - Player

3. Review of Coaching Philosophy and Expectations
 - Schedule
 - Practice requirements
 - Game requirements
 - Apparel and equipment requirements

4. Parental Support Opportunities
 - EAP Roles
 - Person in Charge
 - Control Person
 - Call Person
 - Field/Equipment Maintenance Parent
 - Scorekeeping Parent

5. Management and Communication
 - Order of command for grievances or inquiries
 - Use of PMBA website for scheduling
 - Any additional information important to team success

3.3

PMBA Recommendations and Considerations

Key Coaching Do's:

Come with a plan

Detailed – Organized – Effective Use of Time – Consistent Terms and Clear Goals

Use your parent group

Non-coach roles – Field Maintenance – EAP – Snacks

Use your diamonds

Know your Weather – Consider Costs of Non-use – Maintain Credibility

Proper Drills/Proper Pace

Drills for all levels – Process OVER Outcome – Maintain FUN

Represent the PMBA Association

Proper Conduct – Respectful Communication – Appropriate dress and Preparation

Pre-game and Game Centered Considerations:

1. Proper Warm-Up

- Please have your players arrive min 30 minutes before start time.
 - (Warm-up/Numbers? /Notify)
- Warm-up players properly:
 - dynamic warm-up and stretching
 - play catch
 - importance of proper mechanics
 - think now, play later
- Cool down properly:
 - run a pole
 - stretch

2. Organize the dugout/field

- (Bags, gear, water, snacks, field prep)
- MAKE SURE kids AVOID walking on infield

3. Have lineup card already complete (Mosquito)

- (Manager/balanced/fair/rotating)

4. Make sure the Player Position board is complete

- (Transparent/posted/track)

5. Have your base coaches set

- (Consistent signals)

6. Have emergency kit/emergency action plan

- (Ice packs - Parent donation)

7. Know your rules

- (Copy on bench)

8. Respect umpires (zero tolerance)

- (Remind players, parents who coach is)

9. Proper Equipment for kids

- (Jock/glove/helmet/bat size)

Additional Mosquito Level Consideration Notes:

1. Have players arrive 45 minutes before game time.

- 5 min dynamic
- 5 min stretch
- 8 min catch
- 8 min hitting
- 7 min infield
- 7 min outfield
- *Use coaches effectively

2. Practice the angle toss

- (Distance/jock/glove)

3. Pitcher to Catcher rule

- Pitchers cannot pitch then catch, but can catch then pitch.

4. Warming up pitcher

- (Proper BP 20-25 pitches/wear mask)

5. Pass balls help

- Make sure the player on deck is used to retrieve pass balls
- Player rushes to get pass balls when no runners on base
- Gives ball to ump

6. No walks – but batter hit by pitch takes first base

7. Be sure to follow the Mosquito Pitch Rule

3.4

Emergency Planning & First Aid

The Plan:

Everyone must also be prepared to react in the event of a serious injury. The following are some guidelines to help you implement effective Emergency Planning and First Aid at your event:

- Ensure that your team has an Emergency Action Plan (EAP) in place:
 - Someone familiar with your diamond or practice facility
 - A “Person in Charge” - Certified First Aid Responder who can administer the proper assessment and intermediate care to the injured victim.
 - A “Call Person” to contact 911 Emergency Medical Help if required.
 - A “Control Person” on your team to direct emergency personnel to the location of the injured person.
- Ensure that you have your First Aid Kits with you at all times.
- Ensure your manager has always has a copy of the emergency contact list.
- If a player required an EPI-PEN please ensure one is with the player at all times and remind the parent/player of their responsibilities to have one available at all times.

With any involvement in physical activities an encounter with potential serious injury is a possibility. Time becomes of critical importance with a severe injury and whether an injured player will recover completely and properly depends not only on the nature of the injury but the emergency care and treatment the player receives. The EAP is a standardized response designed to deal with any emergency in an organized and efficient manner.

Questions to ask - Planning for a Safe Environment:

- ✓ Are practices plans well balanced in terms of coach to player ratio, spacing and time?
- ✓ Are players reminded to wear safety equipment and develop a sense of awareness – in terms of special and environmental awareness?

- ✓ Are protocols as outlined in the PMBA policies and procedures being respected to protect the safety of players and reduce risks associated with weather and environment?
- ✓ Is the EAP in place and do you have the proper personnel in place to respond to a potential emergency situation?

The following is an outline of each person's role in the EAP:

Person in Charge

*This would normally be the Safety Person, or the individual with the most specialized training in injury care. **IDEALLY THIS IS SOMEONE CERTIFIED IN FIRST AID TRAINING.** The duties of the Person in Charge include initially take control and assess the situation when coming into contact with the injured player. Once you have determined the severity of the injury, decide whether or not an ambulance or medical care is required. If you are certain that an ambulance is not necessary, then decide on what action is to be taken to remove the player from the field of play. If an ambulance is required, notify your Call Person, give a brief explanation of the injury, and tell them to call for an ambulance. Make a note of the time at which the injury occurred and keep track in writing of all pertinent facts regarding the accident, including time of occurrence (e.g. time of ambulance arrival, etc.).*

Call Person

The Call Person is responsible for making the telephone call when emergency help is required. The Call Person should ideally be someone who is at all games and practices but is not responsible for the bench area, and watches games and practices from the stands. The Call Person's responsibilities include knowing the location of all emergency telephones, in every facility or field in which your team plays, having a list of all emergency telephone numbers in every location in which your team plays (AND KNOWING IF 911 IS AVAILABLE IN THE AREA).

When placing the call for emergency assistance:

- Speak clearly and calmly at all times.
- State to the dispatcher that it is a medical emergency.
- Give the location of the field or facility (State name of field and address).
- State what type of emergency it is and give the dispatcher a brief explanation of the injury (is the player conscious? bleeding? breathing normally?).
- Give the dispatcher the telephone number from which you are placing the call in the event that they must call back for more information.
- Give the dispatcher the best route into the field or facility.
- Ask for the estimated time of arrival for the ambulance.
- Remain on the line until you are certain the dispatcher is finished asking questions and that your call has been transferred.
- Report back to the Person in Charge to confirm that the call for emergency help has been placed, and give them the estimated time of arrival for emergency assistance.

Control Person

The Control Person is responsible for controlling the crowd and other participants to ensure that the EAP is executed effectively. The Control Person's responsibilities include:

- Ensuring no one is in the way of the Person in Charge and the injured player.

- Discussing the EAP with opponents, umps and parents.
- Ensuring a proper space is available to attend to the injured player if requested by the Person in Charge or emergency personnel.
- Ensuring that the route for the ambulance crew to the field is clear and available.

4.1

<h3>Parkland Minor Baseball Association 9U Division – 2021 Season</h3>
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Here are the rules for Rookie Baseball 2019:

1. Games to start at 6:30 pm and end at 8pm with no new innings starting after 7:45pm.
 - a. Coaches please be ready to start warm up no later than 6:00pm to ensure players are physically and mentally prepared for games to commence at 6:30pm. Proper arm, and body maintenance is important to all level of athletes.
2. Teams are required to practice minimum 1 practice per week. (weather permitting)
3. Each batter receives up to a MAX 7 **overhand** pitches from coach pitch.
 - a. To ensure fairness and fluency, coaches are asked to stay within the allotted max and pitch from a distance no closer than 25ft, no further away than 38ft.
 - b. Dimensions of the field should be per BBA standard 55' between bases and 38 ft to mound.
 - c. **Please practice your coach pitching to ensure each player has the opportunity to receive 7 hittable pitches.**
 - d. Coaches are encouraged to pitch from one knee or both knees thus allowing the ball to come in at the appropriate angle.
4. Each team is allowed 3 outs or 5 runs per inning, whichever happens first.
5. The player that is in the pitching position should be standing beside or diagonally behind the coach who is doing the pitching (or using the machine if playing away).

6. Every player is included in the batting order and no one should be overlooked at any point.
7. Each team should field the appropriate number of players (9 players to cover the 9 positions) and it is strongly recommended you rotate their fielding position every inning.
 - a. An extra player can be added as an additional shortstop between first and second base.
 - b. Additional players must be put in the outfield and are required to play in the outfield only.
8. No leadoffs, stealing or bunting.
 - a. Runners must return to base if caught leaving early.
 - b. If the batter hits the ball fair and a runner has left early, all base runners must return to their bases and the batter must bat again.
 - c. The fair-hit ball will count against the 7 pitch rule.
 - d. Runners are required to have one foot on the bag at all times when the ball is not live.
 - e. Only 1 extra base will be awarded on an overthrow.
9. If the ball is hit into the outfield and thrown into the infield, the base runner must be halfway or more to the next base, when the ball reaches the infield, in order to secure that base. If the base runner is less than halfway to the next base when the ball reaches the infield, he/she must return to the prior base. Once the ball returns to the coach pitcher, the play is dead.
10. Remember, you are out there for the kids and to Collaboratively Organize and Develop an Experience for these kids that will encourage them to return to the game... Process over Outcome, and enjoy yourself!
11. **Coaches are required to submit scores to an online form.** The purpose of the score submissions is to allow the level and tournament directors to properly balance tournament pools and scheduling.

4.2

Parkland Minor Baseball Association 11U Division - 2021 Season

Games will be played according to the Baseball Canada Rulebook unless superseded by the league rules:

1. Spirit of the League

- Please be reminded that the PMBA is a development or recreational level league. The spirit of the games, and rules have been set to ensure fair and equal play for all participants, in a less competitive environment.
- All coaches are encouraged to let the players experience playing all positions during the course of the season, unless in the coaches' opinion, playing a particular position jeopardizes the safety of a player.
- There are UNLIMITED SUBSTITUTIONS (with the exception of the pitcher), and all players bat. To be clear if a pitcher leaves the position he cannot return to pitch again in the same game.
- A player is not to sit more than 1 consecutive inning during the game, and no player shall sit more than two innings in a game until all players have sat at least two innings.
- The home team is responsible for having the diamond ready, umpires and game balls.
- The dimensions of the field will be as follows:
 - Distance between all bases will be 60 feet
 - Distance between the front of the pitcher's rubber to the front of home plate shall be 44 feet
- Coaches are required to practice minimum 1 practice per week.
- Lastly, please remember that the coaches are responsible for your fans and parents in the stands. If a parent's behavior is intolerable or abusive to any participant in the game you may be asked by the umpire or other game participants to ask for that parent to leave the ballpark. If unsuccessful in doing so, your team may forfeit the game.

2. Start of Games - Definition of an Official Game - and Mercy Rules

- Evening games start at 6:30 PM with no new inning to start after 8:00 PM (official time is determined by the umpire's watch). The umpire may extend the ending time of a game, if the game started late.

- There must be at least 7 players to start a game. If there are not 7 players available by 6:30 PM the team short will have 5 minutes to have the required number of players on the field or shall forfeit the game.
- Home teams are responsible for cancelling games because of bad weather, and must contact the visiting teams coach by 5:00pm of the night of the game. If the visiting team hasn't heard from the home coach, they are to show up at the diamond to play the game.
- Games cannot be played if the city has closed diamonds, due to poor field conditions.
- There shall be 6 innings per game. There must be 2 complete innings for an official game in the event of rain or darkness.
- There is a 5 run mercy rule per inning. A complete inning will end when both teams have either 3 (three) outs or 5 (five) run scored. This rule will remain in effect throughout the entire game. The last inning is not open.

3. Pitching Rules

- All pitchers will be allowed to pitch no more that 2 consecutive innings per game and no more than 6 per week, keeping in mind that if the pitcher pitches on a REP team whose innings will count toward the weekly total for innings pitched.
- A pitcher leaving that position cannot return to pitch again in the same game.
- If the pitcher throws 1 pitch, he will be charged with 1 inning pitched whether he remains in the game at that position or not.
- Pitchers will only be allowed 5 warm-up pitches when they enter the game and 5 pitches during any subsequent innings. It would be appreciated if the coaches would warm up their pitchers on the sidelines whenever possible.
- There will be no balks called. No discussion needed by umpire. Communication from coach.
- A catcher in a game IS permitted to enter as a pitcher. However, if a player has pitched in a game, he is NOT permitted to catch in the same game.
- Pitchers must pitch from the pitching rubber. Pitchers are NOT permitted to move up. While the league acknowledges that some players struggle pitching from regulation distance, this rule is out of concern for the safety of the pitcher on a hard-hit ball coming back to him/her.

****** PLEASE SEE 11U MODIFIED PITCHING/BATTING RULE SHEET ******

4. Keeping a Good Pace to the Game

- There is no stealing on a pitched ball. For further clarity, the only methods in which runners can advance a base are on a hit ball.
- Runners are not allowed to lead off. The runner **IS PERMITTED** to leave the base once the ball **CROSSES HOME PLATE**. If the ball is NOT put into play as the result of a hit ball, the play will be declared dead and the runner must return to his/her base. If the umpire determines that the runner left the base PRIOR to the ball crossing home plate, any resulting play will be declared dead and the runner must return to his/her base.
- Coaches are to discourage the pitcher and catcher from meeting halfway between home plate and pitcher's mound, to exchange the baseball after it has been pitched. This has at times become a common practice to avoid over-throws from the catcher to the pitcher. But this practice delays the player's development and slows the game down considerably. Catchers should throw the ball back to the pitcher from the home plate area and pitchers should catch the ball a few feet down from the mound area.
- As a suggestion, the batting team may wish to have a player **(with a helmet on)** ready and available to retrieve pass balls for the other team's catcher. This will speed up play considerably.
- A courtesy runner for the catcher may be used when there are 2 outs in the inning, and the catcher is on base.
- The Batter is automatically out on a third strike. The batter is **not allowed** to advance to 1st base on a 3rd strike (called or swung at), if the ball is not caught by the catcher.
- While bunting is allowed, it is encouraged that players look to make contact by swinging the bat rather than squaring up.
- Coaches are encouraged to have their batting line up prepared 15 minutes prior to the start of the game.

5. Equipment Requirements

All players are required to wear proper equipment in the field of play. Field of play is defined to include the bullpen areas. Required equipment includes:

- Jersey – Tucked in
- Batters must have Helmets WITH Chinstraps
- Catchers must have proper gear.
- Bullpen or warm-up catchers must have a mask on.
- Any Bullpen work must be accompanied by an assistant coach or supervisor.

- Metal Bats are required to be no bigger than 2 3/4 inches in diameter, no differential requirement and max 32" length. Wood bats ARE permitted

6. Reporting the Game Results

It is the responsibility of the winning team, or in the event of a tie the home team to report the games scores, within 24 hours of the game completion. Scores are to be reported clicking on the link provided on the HOME page of the PMBA Website. PLEASE ensure that you select the correct link AND fill in ALL information requested. Schedules and standings will be available for viewing on the PMBA website as well.

***Please report any concerns or questions to your 11U Level Coordinator.**

PMBA MOSQUITO MODIFIED PITCHING/BATTING RULE:

- In the spirit of fostering active participation and team accountability throughout the game, the league has decided to implement a NO WALK RULE. The purpose of the rule is to counter the common challenges associated with inconsistent pitching at the house level. These challenges include:
 - Batters choose not to swing at pitches around the strike zone in the hopes they will be walked to first, rather than hitting themselves on base.
 - Pitchers who are learning to pitch often find themselves walking in 5 runs an inning and dealing with discouragement and stress associated with this scenario. This can lead to kids not wanting to pitch in games and limits the coach in regards to pitching options throughout the season.
 - Given the large number of walks during the game, fielders often find themselves inactive and losing interest in the game itself. The hope is the fielders will be able to make plays and practice their skills on an ongoing basis making the game exciting for players and spectators.
 - Additionally, players at bat will experience more opportunities to make contact and increase their chances to get on base via hitting.

NOTE: Pitchers are still encouraged to throw strikes and work towards strikeouts. This should motivate pitchers to improve their pitching, as they would not want to have the ball turned over to the batting teams coach creating such opportunities for the batter to make contact.

- All pitching rules and distances remain the same and there will be no changes to the rules as stated in the Pitching rules section of the PMBA Mosquito rules manual.
- What has changed, is on ball four, the batter will not be freely given first base. Instead, the batting teams designated pitch coach will step in and underhand soft toss the number of pitches as there are strikes remaining in the count, from a designated location on the respective foul line of a minimum 15 feet from home plate.
- THE COACH IS NOT ALLOWED TO ENTER THE FIELD OF PLAY TO MAKE THE 45 Degree angle toss. The coach is allowed to have one foot on the foul line and the other outside the field of play. It is recommended that coaches wear jock protection and a ball glove to protect themselves from errand hits. Please refer to the following scenario's to help understand the rule:

Scenario I:

John is pitching for Team X. John is struggling to find the strike zone and gets behind in the count with 3 balls and 1 strike. John's next pitch to Jill who is batting for Team Y is called ball 4. Traditionally, Jill would be walked to first base. In the modified scenario, Jill does not get a free pass to first. John must hand over the ball quickly to the designated Pitching Coach from Team Y (Jills team) who will stand on the respective foul line 15 ft from home plate and not in the field of play. The Pitching Coach will then underhand soft toss, from the 45-degree angle, the same number of pitches as strikes remaining in the count. Given Jill only had 1 strike, the Pitching Coach can ONLY throw two underhand soft toss pitches to Jill. The Pitching Coach throws the first underhand toss from the designated spot and Jill doesn't swing. Regardless of whether Jill swings or not, or the ball crosses/does not cross the plate, this pitch constitutes as strike 2. The Pitching Coach throws the second underhand toss and Jill swings fouling off the ball. Regardless of whether Jill fouls or misses making contact with the ball, this constitutes as strike 3. In this particular scenario Jill had two strikes remaining in the count and up to a maximum of two opportunities to hit the ball into the field of play.

4.3

Parkland Community Baseball League 13U Division – 2021 Season

Games will be played according to the Baseball Canada Rulebook unless superseded by the league rules:

1. Spirit of the League

- Please be reminded that the PMBA is a development or recreational level league. The spirit of the games, and rules have been set to ensure fair and equal play for all participants, in a less competitive environment.
- All coaches are encouraged to let the players experience playing all positions during the course of the season, unless in the coaches' opinion, the safety of a player is jeopardized by playing a particular position.
- There are UNLIMITED SUBSTITUTIONS (with the exception of the pitcher), and all players bat. To be clear if a pitcher leaves the position he cannot return to pitch again in the same game.
- A player is not to sit more than 2 consecutive innings during the game, and no player shall sit more than two innings in a game until all players have sat at least two innings.
- The home team is responsible for having the diamond ready, umpires and game balls.
- The dimensions of the field will be as follows:
 - Distance between all bases will be 70 feet
 - Distance between the front of the pitcher's rubber to the front of home plate shall be 48 feet

- Please remember that the coaches are responsible for your fans and parents in the stands. If a parent's behavior is intolerable or abusive to any participant in the game you may be asked by the umpire or other game participants to ask for that parent to leave the ballpark. If unsuccessful in doing so, your team may forfeit the game.
- Teams should adhere to minimum 1 practice per week to ensure proper development is maintained.
- Coaches and players are encouraged to arrive to games 45 minutes prior to start time to encourage proper warm up of players arms and bodies.

2. Start of Games - Definition of an Official Game - and Mercy Rules

- **Evening games start at 6:30 PM with no new inning to start after 8:30 PM** (official time is determined by the umpire's watch). The umpire may extend the ending time of a game, if the game started late.
- There must be at least 7 players to start a game. If there are not 7 players available by 6:30 PM the team short will have 5 minutes to have the required number of players on the field or shall forfeit the game.
- Home teams are responsible for cancelling games because of bad weather, and must contact the visiting teams coach by 5:00pm of the night of the game. If the visiting team hasn't heard from the home coach, they are to show up at the diamond to play the game.
- There shall be 7 innings per game. There must be 3 complete innings for an official game in the event of rain or darkness.
- There is a 5 run mercy rule per inning. A complete inning will end when both teams have either 3 (three) outs or 5 (five) runs scored. This rule will remain in effect throughout the entire game. The last inning is not open.
- The city reserves the right to close fields if they deem the conditions to be unplayable.
- A game about to begin or in progress can only be called by the umpire and any decision made by the umpire in the safety of the players must be adhered to.
- Any concerns regarding umpire issues should be directed towards the Umpire Director. .

3. Pitching Rules

- All pitchers will be allowed to pitch no more than 2 consecutive innings per game and no more than 7 per week, keeping in mind that if the pitcher

pitches on a REP team whose innings will count toward the weekly total for innings pitched.

- A pitcher leaving that position cannot return to pitch again in the same game.
- If the pitcher throws 1 pitch, he will be charged with 1 inning pitched whether he remains in the game at that position or not.
- Pitchers will only be allowed 5 warm-up pitches when they enter the game and 5 pitches during any subsequent innings. It would be appreciated if the coaches would warm up their pitchers on the sidelines whenever possible.
- A catcher in a game IS permitted to enter as a pitcher. However, if a player has pitched in a game, he is NOT permitted to catch in the same game.
- Pitchers must pitch from the pitching rubber. Pitchers are NOT permitted to move up. While the league acknowledges that some players struggle at pitching from regulation distance, this rule is out of concern for the safety of the pitcher on a hard-hit ball coming back to him/her.

4. Keeping a Good Pace to the Game

- A courtesy runner for the catcher may be used when there are 2 outs in the inning, and the catcher is on base.
- The batter is permitted to run to base, on a drop ball (third strike) called or swung at – as per standard baseball rules.

7. Equipment Requirements

All players are required to wear proper equipment in the field of play. Field of play is defined to include the bull-pen areas. Required equipment includes:

- Jersey – Tucked in
- Batters must have Helmets WITH Chinstraps
- Catchers must have proper gear.
- Bullpen or warm-up catchers must have a mask on and there must be a coach or adult supervising warm-up. (Recommend that warm up not exceed 25 pitches)
- Metal Bats are required to be no bigger than 2 $\frac{3}{4}$ " with a max differential of drop -10 and max length of 34". Wood bats ARE permitted.

6. Reporting the Game Results

It is the responsibility of the winning team, or in the event of a tie the home team to report the games scores, within 24 hours of the game completion. Scores are to be reported clicking on the link provided on the HOME page of the PMBA Website. PLEASE ensure that you select the correct link AND fill in ALL information requested. Schedules and standings will be available for viewing on the Parkland Minor Ball website as well.

PLEASE REPORT AND QUESTIONS OR CONCERNS TO THE 13U LEVEL DIRECTOR

4.4

ERRBL Rules



Edmonton & Rural Recreational Baseball League

Rules & Regulations

Games will be played according to the Baseball Canada Rulebook unless superseded by these League rules:

- 1. What we are About:** Please understand that this **ERRBL** is a recreational level league. It is the intent of those that established this league to provide an environment for young players to extend their opportunity to play baseball, and as such it is first and foremost very important for all involved to understand that these rules have been developed to keep the spirit of the game in mind. It is a must that all coaches demand a good sportsmanship attitude from their players towards other players, coaches, and umpires.
- 2. Game Start Times:** All games will start at 6:30 p.m. with no new inning to start after 8:30 p.m. (official time is determined by the umpire's watch). The umpire may extend the ending time of a game if the game started late. This start time will change to 7:00 p.m. for all June games to allow more time to get to games (more daylight). This guide is that no new innings are to start after two hours of play. This is particularly so, when more than one game will be played that day (double header). If the weather is nice and both teams agree to play a little longer to finish off the innings, and it is the only game that each team is playing that day, by all means proceed. All Playoff games will have a 2 ½ hour time limit.

In the case of bad weather, all teams are to expect to play unless otherwise notified. A decision on whether or not a game will be played must be made by 5:00 p.m. of the game day.

3. **Minimum players:** To keep in the spirit of good sportsmanship and to maintain the intent of this league all games will be played even if one team is short players. If a team has less than 7 players, that team will forfeit the opportunity to win the game. It is however or intent that the other team will then lend players to even up the two teams and a game will be played anyway and ump's will be paid. If a team can only field 7 players the game will be played as scheduled but again good sportsmanship must be considered. The team with more players can assist the team that is short by offering to take defensive positions for them when they are in the field, but will bat in normal order with their own team. Teams have till 5 minutes after the scheduled start to have their players there and ready to play.
4. **Pitching Limits:** Pitchers may only pitch a maximum of 3 innings per game, 4 innings per day (in the event you have more than one game that day). The maximum a pitcher can pitch in any week (Friday to Friday) is 14. The Baseball Alberta Pitch Count Guidelines are not mandatory, but they are extremely recommended to be followed.
5. If the pitcher throws 1 pitch, he will be charged with 1 inning pitched whether he remains in the game at that position or not, this includes warm up pitches if the player approaches the mound.
6. Pitchers will only be allowed 8 warm-up pitches when they enter the game and 5 pitches during subsequent innings. It would be appreciated if the coaches would warm up their pitchers on the sidelines whenever possible.
7. **Field Dimensions:** Per Baseball Canada rules.
8. **Equipment:** Per Baseball Canada rules.

Bantam boys - permitted -3 bats only (2 5/8" barrel)

Bantam girls - may use up to a -5 bat, must be clearly identified with white tape.

Midget boys - permitted -3 bats only (2 5/8" barrel)

Midget girls - may use up to a -5 bat, must be clearly identified with white tape.

All -3 bats must have the BBCOR certified stamp on the bat.



If a boy is caught approaching the plate with a bat with a higher than -3, he will be an automatic out.

If an umpire notices any player with a bat with a higher than -3 approaching the plate and it is not clearly marked with white tape, the batter will be an automatic out.

The location of the white tape needs to be just below the barrel and well above the hand grip area and needs only to be a wrap or two around. The tape needs to be clean and clearly visible. The umpire needs to be informed prior to the start of the game, the intent to use bats with higher numbers than -3.

9. Substitutions: There are “Unlimited Substitutions” (with the exception of the pitcher) and all players bat.
 - A. All coaches must provide an official line-up card to the umpire prior to the game.
 - B. Coaches must indicate on the line-up card which players are overage.
 - C. Any players who will be late for a game must be listed on the line-up card prior to the start of the game.
 - i. They are to be placed at the bottom of the line-up and must be designated as absent.
 - ii. No “automatic out” will be recorded for absent players listed on the line-up card. The absent players batting spot will be skipped.
10. All base runners are permitted to lead off.
11. There shall be 7 innings per game, with 3 being the minimum required for an official game in the event of inclement weather or darkness.
12. There is a 5 run mercy rule per inning. A complete inning will end when both teams have either 3 (three) outs or 5 (five) runs scored. This rule will remain in effect throughout the entire game. If after the 4th inning a team is ahead by 15 runs or more, a 15 run mercy rule will apply, with the win being awarded to the team with the higher points. If both teams agree the game can continue anyways.
 - a. No Open Innings
13. **Umpires:** The home team is responsible for having the diamond ready, umpires available and to provide game balls. If there is travel costs associated with the umpires getting to the game, this burden lies solely with the “HOME TEAM” regardless of where the game is being played. The “HOME TEAM” must ensure at least one of the attending umpires is certified. If for some reason an umpire does not show up, under NO CIRCUMSTANCES is a Coach or any other non certified person permitted to umpire the game and be in charge of the play. A volunteer is permitted to umpire the bases should there be a certified umpire working behind the plate. Under NO CIRCUMSTANCES are we to allow anyone that isn’t registered with Baseball Alberta as a Player, Coach or umpire to be on the field.

- a. **Payment of Umpire Fees:** The team designated as the "HOME TEAM" is responsible for paying the umpire fees. At no time is the "VISITING TEAM" responsible to pay for any umpire fees.
 - b. Payment of the umpires is the responsibility of each participating association. Each team should be aware of its Association's policy on paying umpires for ERRBL games and follow those guidelines.
 - c. If a team is designated as the "HOME TEAM" but are playing at someone else's field, the coach of the **designated "HOME TEAM" MUST pay the umpires at the field after the game.**
 - d. Umpire fees are \$55 for Bantams and \$60 Midgets for each umpire. If only (1) umpire is available 1.5 times this amount is paid to that (1) umpire (\$82.50 for Bantam and \$90 for Midget). The home team coach will pay the umpires.
 - e. Any mileage for umpires is calculated at \$0.40/km. (See Baseball Alberta League Rules)
14. A player is not to sit more than 2 consecutive innings during the game, and no player shall sit more than two innings in a game until all players have sat at least two innings.
15. All coaches are encouraged to let the players experience playing all positions during the course of the season unless in the coach's opinion the safety of a player is jeopardized by playing a particular position.
16. A courtesy runner for the catcher may be used when there are 2 outs in the inning, and the catcher is on base (this is designed to help speed up the game).
17. **The WINNING team** is responsible for entering their score on RAMP within 48 hours of the game being completed. All teams will be sent instructions on how to enter scores prior to their first game.

Schedules and Standings will be available for viewing on Baseball Alberta's Web-site at www.baseballalberta.com.

18. **Makeup games:** Should circumstances prevent a League game from being played (per schedule), the host/home club is responsible for giving the opposition suitable advance notification for rescheduling the game. Notification must also be given to Brendan Smith at least 48 hours prior to the game. These games need to be made up as soon as possible, but if all efforts have been made to make the game up, but uncooperative weather etc. makes this difficult the game can be assessed a 1 all tie. The arbitration committee can make the decision to award a loss to any team that does not take reasonable steps to make themselves available to make up the game.
19. **Play-offs:** All teams will take part in play-offs. The play-off schedule will

begin on the weekend of June 22nd/23rd and will be completed that weekend unless further days are needed. Silver and Gold medals will be awarded to the top (2) teams in each division. Teams will be split into small tiers of four to six teams to allow smaller schedules and more host opportunities. Play-offs will be attempted to start on Friday night when possible.

20. **Zero Tolerance:** Adhering to schedules must be taken seriously. If your team cannot make it to a game or **if you are not 100% sure whether the fields are open or not, you must establish communication with the other team well in advance of anyone heading to that diamond.** Teams that do not show up for games will be in violation of this very strict rule and will have their fate decided by the “Disciplinary Committee”. We do not want people traveling to a scheduled or re-scheduled game to find the other team did not show up. This could lead to an immediate removal from this league!
 21. It is up to the home team to make sure that everything is good order on their diamond and that the **field condition is well kept up.** They must also ensure that certified umpires show up on time for games and that at least **(2) new baseballs** are provided for each game.
 22. **Over aged players:** Any use of overage players is at the discretion of Baseball Alberta and must be approved. If there are any players that once playing in the league are judged to be far better than the rest of the players, Baseball Alberta may revoke his eligibility in the ERRBL. This should only be allowed when that player’s skills are such that his or her safety would be a concern playing at their correct level, or there is nowhere for them to play.
 - a. Overage players are permitted to pitch. However, **overage players can only pitch 1 inning per game and only 1 overage player is permitted to pitch in any given game.**
 23. **Respect in Sports:** All head coaches for each team must complete the Respect in Sport program offered by Baseball Alberta. Failure to complete Respect in Sport by June 1st will result in coaches not being permitted on the field and/or forfeiture of games played.
 24. **NCCP Certification:** The HEAD COACH of each team must complete the online initiation certification module by June 1st, 2021.
 25. Discipline Policy – All incidents and matters that require disciplinary action will follow the guidelines of the Baseball Alberta discipline policy.
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4.5

Umpires

11U and 13U level umpires are paid monthly by the association.

15U and 18U coaches are responsible for paying the umpires at their home games. Bantam \$55/ump and Midget \$60/ump. Travel is paid as well if they are coming from over 25km away. Mileage is paid at \$0.40/km

When the coaches get their schedule they can email a copy of the schedule to treasurer@pmba.email at which point the Treasurer will get a cheque cut to the team for the month of May home games. They will have to deposit this cheque and have correct cash to pay the umps. Along with this cheque a spreadsheet will also be issued that the coach will sign out acknowledging they received the money. All payments for umpires must be accounted for on the spreadsheet. Umps must provide a signature before the money is released. When the money runs out the spreadsheet is returned to the Treasurer and additional money is issued dependent on the remaining games. When the season is over the Treasurer will require the final spreadsheet to be returned along with any money that remains in order to balance the books.

Drills

Link to Baseball Canada drills:

<https://nccp.baseball.ca/index.php?page=201>

These are videos of drills and key fundamental points that can assist coaches throughout the year. Baseball releases new ones often. Great references if you are looking for a new way to teach something or need a visual aid while teaching.

6.1

Diamond Preparation

1. Locate Home Plate and Secure Anchor or Spike for Measurement
 - Secure Tape Measure 0'-0" Mark Behind Tip of Home Plate (with a spike)
2. Measure Straight Out to Pitching Rubber and Second Base
 - Establishing the Diamond Direction [SEP]
 - (ex: PeeWee Diamond Pitching Rubber at 48'-0", Second Base at 99'-0")
3. Expand Tape Measure to Double the Measurement of Baseline Distance
 - First Person [SEP] Holds that Distance Mark at Second Base [SEP]
 - Second Person Grabs Baseline Distance Mark of Tape Measure (mid point or 70'-0") and [SEP] Stretches that Back Towards First Base and Marks that Location
 - Second Person Still Holding the Baseline Distance Mark (ex: 70'-0") then Walks Towards Third [SEP] Base and Marks that Location while First Person Continues to Hold Double Distance (ex: 140'-0") Mark at Second Base
 - First Person Reels In Tape Measure and Removes Spike From Tip of Home Plate

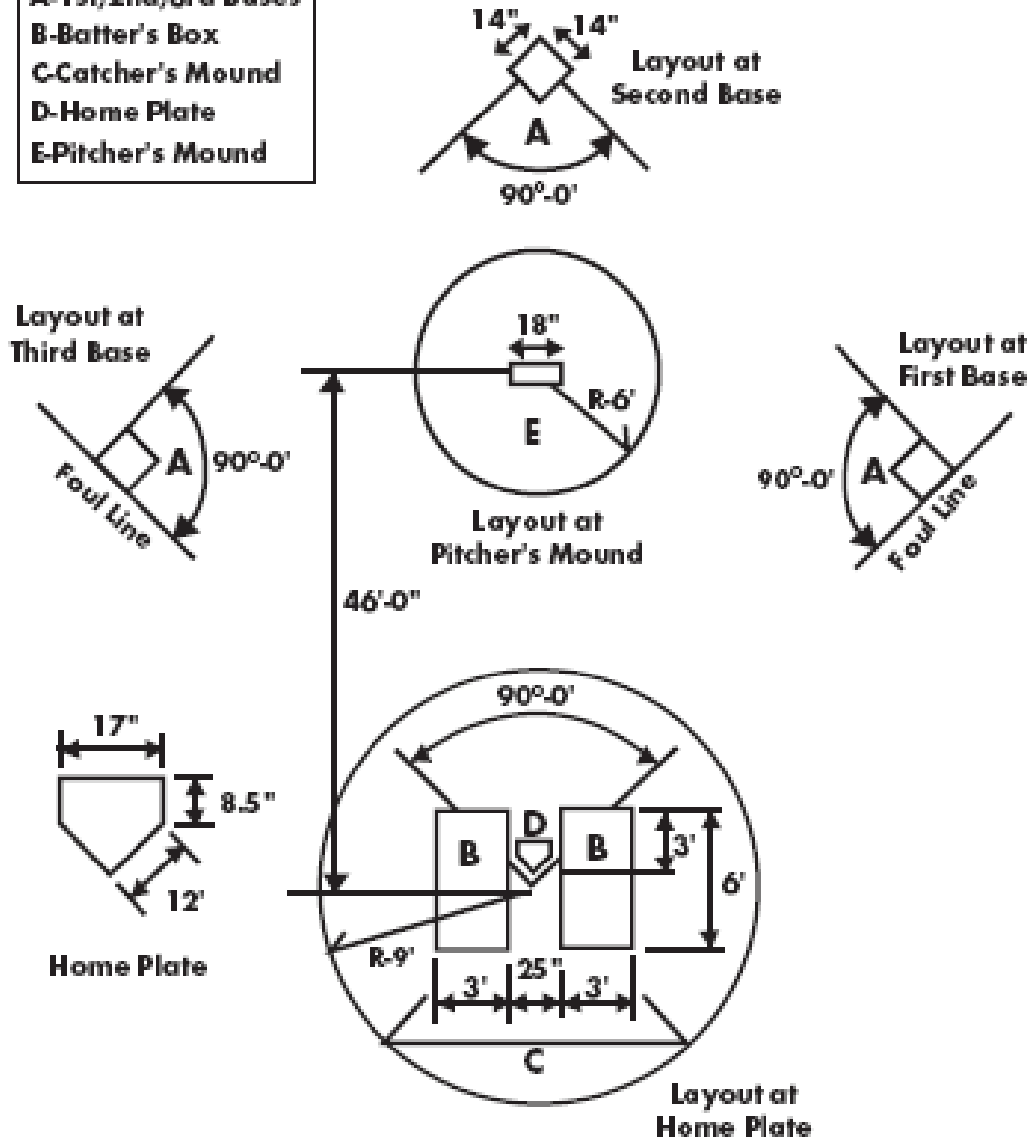
You Now Have a Perfectly Laid Out Ball Diamond

Additional Notes:

- ✓ Avoid walking on in field or warming up on infield whenever possible to ensure an ideal playing surface.
- ✓ Be sure that bases are properly anchored in their respective locations.
- ✓ If chalking lines – avoid using too much chalk and re-chalking when lines are reasonable for game play.

Bases Layout Diagram

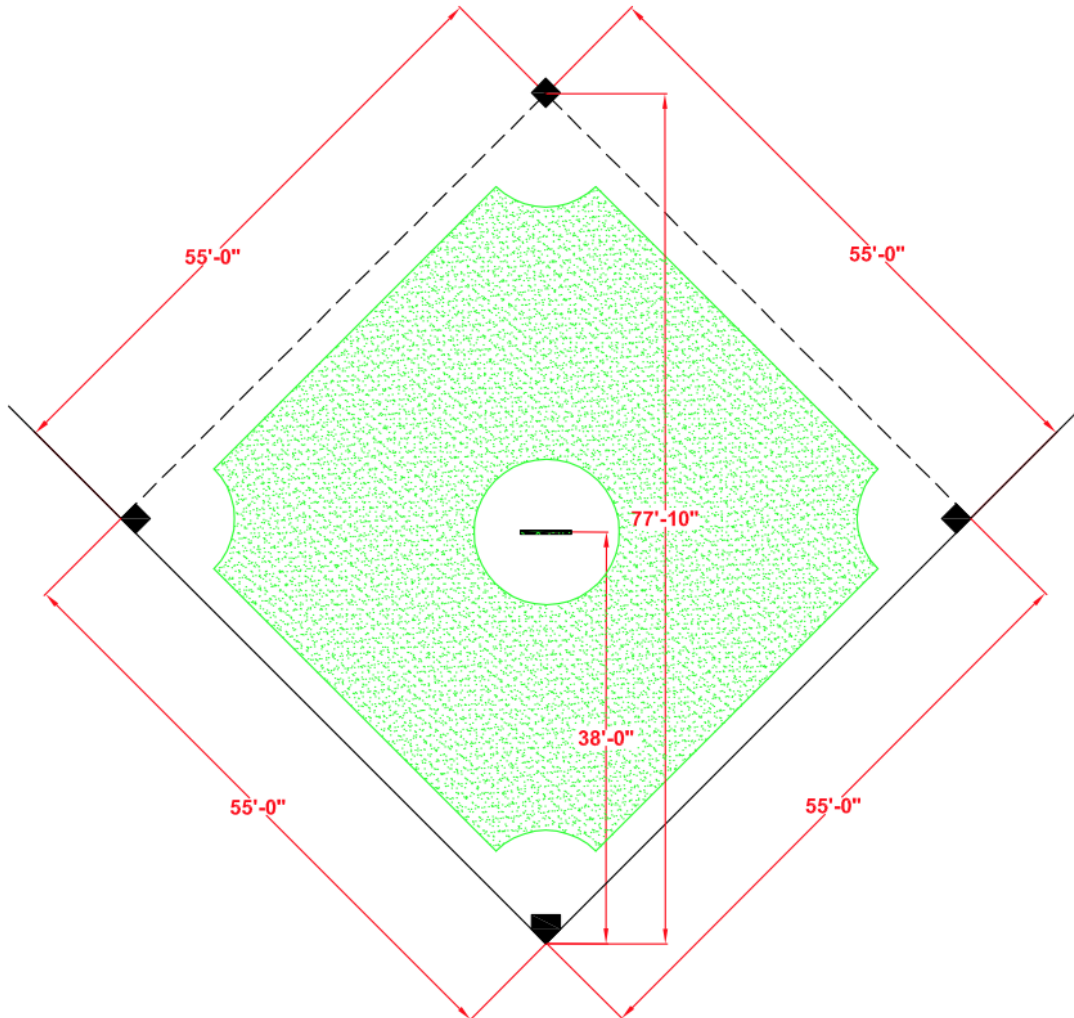
- A-1st, 2nd, 3rd Bases
- B-Batter's Box
- C-Catcher's Mound
- D-Home Plate
- E-Pitcher's Mound



Details of Batter's Box

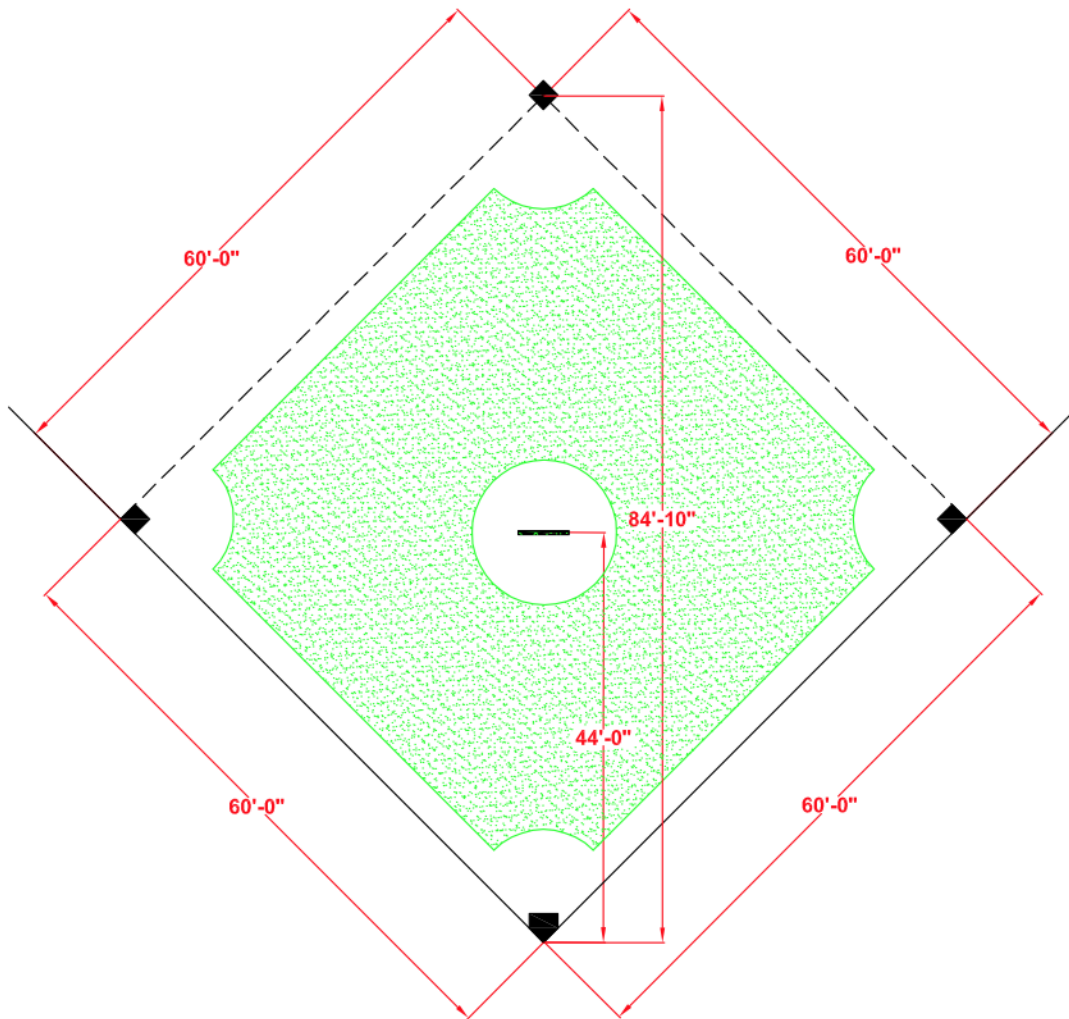
6.2

Rookie Diamond Layout



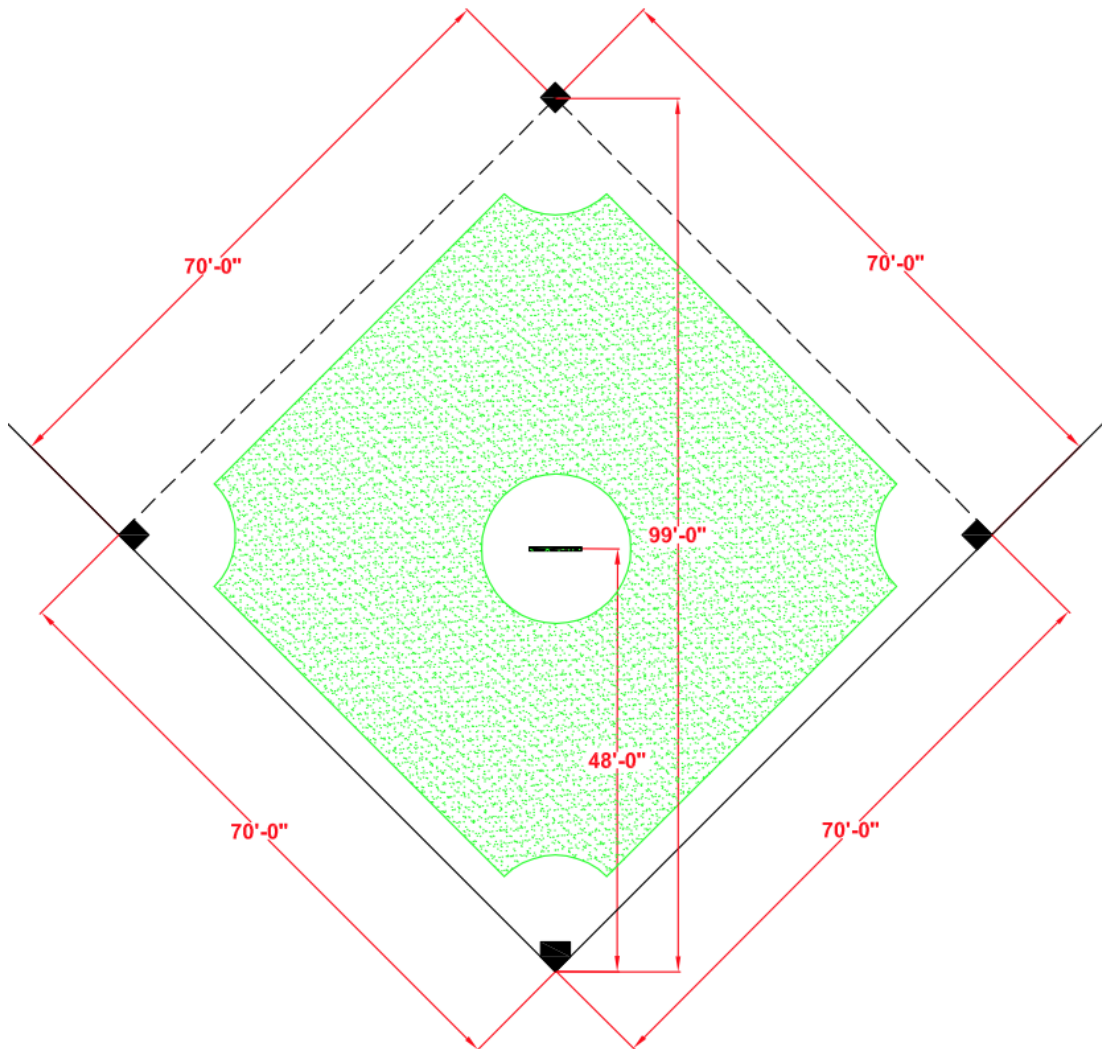
6.3

Mosquito Diamond Layout



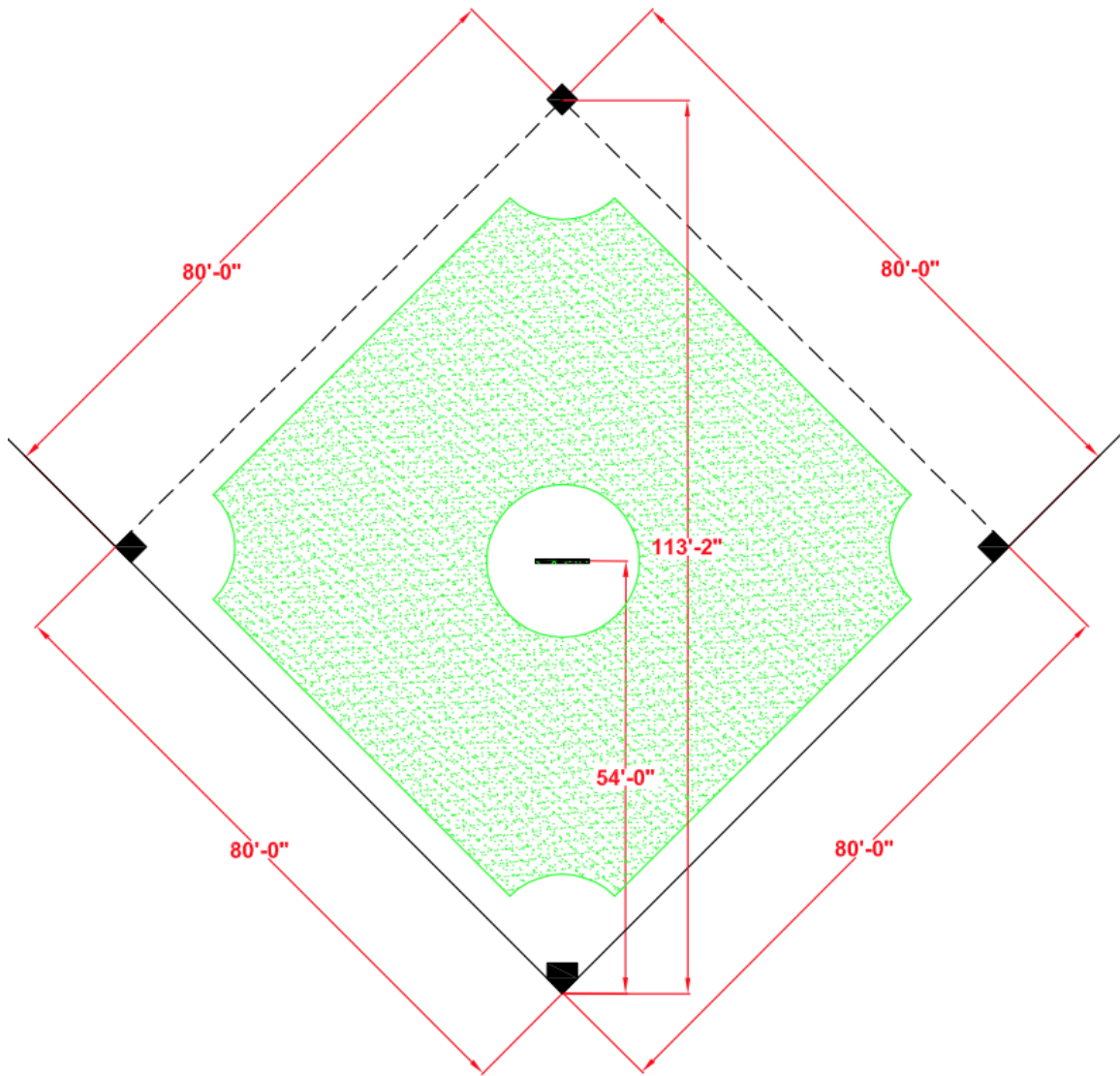
6.4

PeeWee Diamond Layout



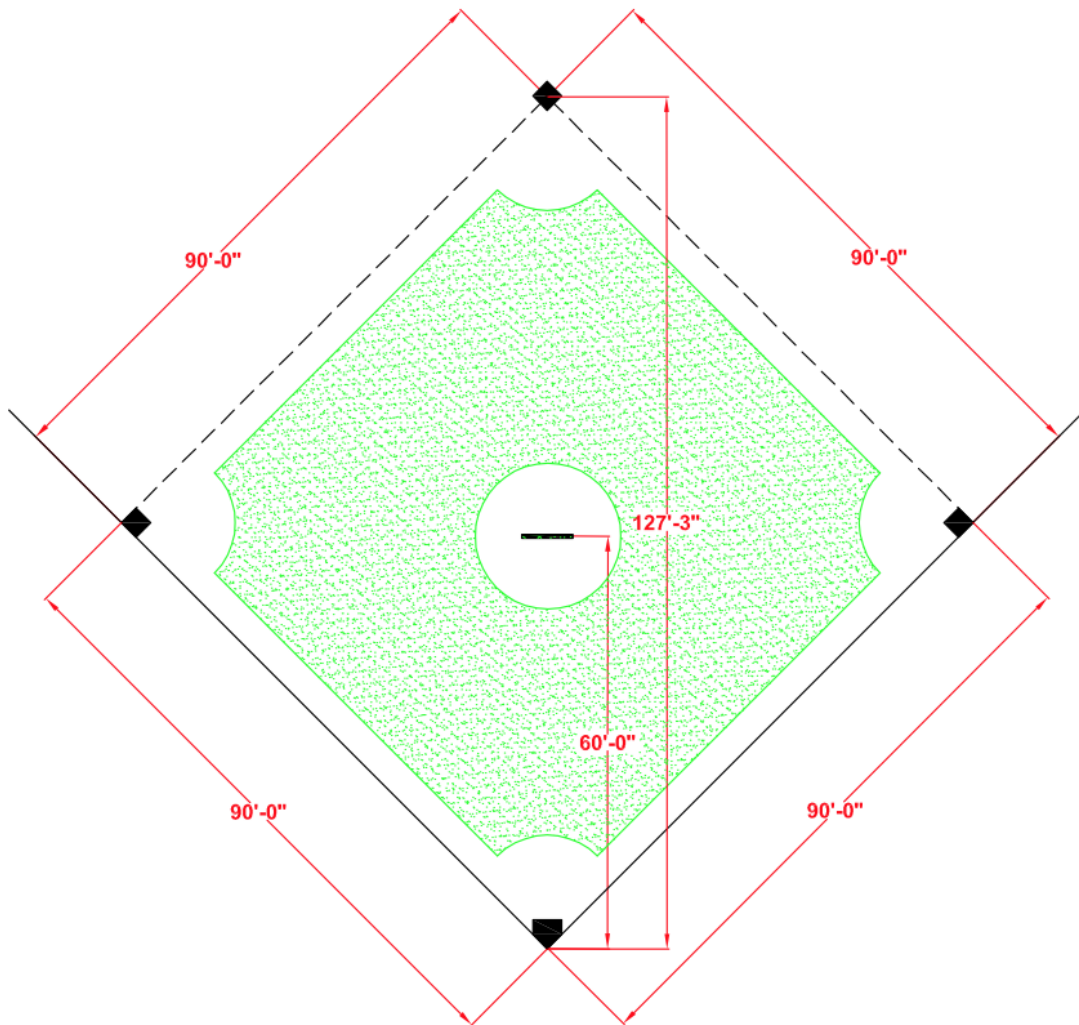
6.5

Bantam Diamond Layout



6.6

Midget Diamond Layout



6.7

Diamond/Cage Scheduling

Teams are allotted 1 practice time and 1 cage time a week - to be scheduled with the Senior/ Junior Scheduler (jrscheduler@pmba.email, srscheduler@pmba.email) and Cage Coordinator (cages@pmba.email) respectively. Once teams have been formed, the level Coordinators will forward the contact information of all head coaches to their respective scheduler who will then contact the coaches to obtain additional information. Coaches will be asked to provide a 1st and 2nd choice of practice days and times. PMBA will do its best to accommodate these requests but they are not guaranteed. Coaches will be allocated a practice diamond date and time by the schedulers. Specific diamond requests will not be accepted for scheduling purposes. Any allotted practice cancelled for reasons other than weather or diamond conditions will not be rescheduled. Games that are cancelled due to weather or other reasons are asked to be made up during one of the team's scheduled practice times due to diamond availability. Should any team wish to book additional diamond time for practices, team events, etc. they are to contact their respective scheduler for booking availability and costs. If you have any questions please contact your Level Coordinator or Scheduler.

6.8

Diamond/Cage Cancellations

The diamond cancellation policy for both Spruce Grove and Stony Plain is 7 days advance notice. Coaches or Team managers are to contact their respective scheduler by email (jrscheduler@pmba.email, srscheduler@pmba.email) to confirm cancellation. If cancellations are made inside of the 7 day window - PMBA will be charged for the use of the diamond by the City/Town. The schedulers will make every attempt to find a team to utilize the diamond but if one can not be found the team may be charged for the cancellation. Batting cage allocations should be cancelled by email (cages@pmba.email) with at least 3 days notice so the space can be given to another team.

Closure due to weather:

Coaches/managers/parents can check the status of diamonds by checking the municipal websites or contacting the field status hotline. If diamonds are officially closed by the municipality - no email notification is required.

[Stony Plain Fields Status](#) 780-968-8607

[Spruce Grove Fields Status](#) 780-962-7602

If teams do not play due to inclement weather an email must be sent to your respective scheduler identifying that your team did not play or practice due to weather. Game cancellations will be decided by the umpire or if no umpire is present (9U or Rally Cap) by mutual agreement between coaches.

7.1

Uniforms

Uniforms will be picked up at the Stony Plain uniform shack for recreation teams. The date for uniform pick up will be emailed to you. Uniforms will need to be returned at the end of the season. The shack is located at the South end of the parking lot at the **Glenn Hall Arena**.

All recreation teams are required to play games in **white** pants. If players have white pants parents will not need to buy them - if you need white pants the association will have them for sale at uniform pick up for \$20.00. We will also have practice pants for sale and they will range in price from \$5.00 - \$10.00.

Coaches please ensure to notify all parents that the uniforms must be returned at the end of the season **washed and/cleaned**. If they are not returned clean, or not returned by the date set by the Uniform Coordinator a \$25 charge will be added to their player account for next year.

Our Uniform Coordinator can be emailed (uniform@pmba.email) if you require further assistance.

7.2

Equipment

All Equipment Bags will need to be picked up at the Twins Equipment Shack - Spruce Grove which is located on the North side of The Henry Singer Diamonds (across from Home Hardware). The date for equipment pick up will be emailed to you.

Please ensure that when you pick up your equipment bags you inspect the equipment for any damage. If equipment is need of repair during the season, please notify the equipment director. The equipment director can be emailed (equipment@pmba.email) if you require further assistance.

Please return all baseballs used during the season as we do use them as practice balls for the next season.