



P. O. Box 183 Scottsville NY 14546

SCOTTSVILLE / CAL-MUM MINOR RULES

1. Game consists of six innings. Teams tied after six innings remain tied. No new inning to start after 8:00pm (coaches discretion)
2. Helmets must be worn by the batter, base runner, and the on deck batter
3. Pants must cover below the knee No shorts or jams
4. team hats and shirts must be worn during games
5. Stealing: runner may steal second and third only. If the ball is caught by the catcher, the runner cannot steal. The runner on third may attempt to go home only if there is a play made on a runner at second.
6. When there is a play at home, the runner must slide to avoid a collision with fielder. The runner may be called out only if the runner does not slide and a collision with the fielder occurs. In addition, all runners must avoid a collision with any fielder at any base.
7. Pitcher cannot pitch more that 3 innings (9 outs) per game or 6 innings (18 outs) per week. The pitcher can be taken out and re-entered in the game later. Once a pitcher begins an inning it counts as a full inning pitched. Pitchers will pitch from 46 feet if possible, if not pitcher may be moved to 40 feet.
8. No more than 10 players shall bat during one half innings. Pitcher must pitch to the 10th. Batter even if bases are open. If the 10th. Batter hits the ball; the ball is dead when it returns to the pitcher. All players must bat during the course of the game regardless of whether they play in the field or not. All players must play at least 2 innings per game.
9. Bunting is not allowed
10. Home team will be the second team listed on the schedule. The home team will provide 2 new game balls
11. In case of a rain out Home team coach must notify the opposing coach and umpire coordinator at least 1 hour before game time.
12. Any injuries must be reported to the President of SAA that night.
13. No spectators will be allowed to view the game from behind the backstop.
14. All players must were athletic supporters.

Cal-Mum Little League Rules (Exceptions):

- **Majors:**
 - 7 innings until dark (called by umpire and coaches)
 - 3 outs, no batter limit per inning
 - 9 fielders
 - All players bat
 - No called balks
 - No Infield fly rule
 - No dropped 3rd strike rule
 - Pitchers: no more than 4 innings per game, 7 innings per week. (Coaches need to strongly consider no more than 60 pitches per pitcher per game).
 - Once the pitcher is taken out, the player cannot return to pitch in that game.

- **Minors:**
 - 6 innings, no new inning starts after 8pm
 - 10 batter limit per inning
 - 9 fielders (this is negotiable for 10 players - 4 outfielders)
 - All players bat
 - No called balks
 - No Infield fly rule
 - No dropped 3rd strike rule
 - Pitchers: no more than 3 innings per game, 6 innings per week. (Give strong consideration to no more than 60 pitches per pitcher per game).
 - Once the pitcher is taken out, the player can return to pitch in that game. (Confirm this with Cal-Mum)

Scottsville Athletic Association

Coach / Player Baseball Guide



This guide is written for Scottsville major and minor league baseball, as played within the rules of Caledonia-Mumford little league baseball.

Baseball Philosophies

- **Practices/Drills:**
 - Learn about baseball, mechanics, strategies, and rules.
 - Play smart: more fun, and more wins.
 - For fun! It's a game.
- **Sportsmanship**
 - Be respectful of teammates, other teams, coaches, and umpires.
 - Play fairly.
- **Attitude**
 - Positive comments only, about yourself and others. Help your teammates: don't cut them down.
 - Try your best, that's all anyone can ask.
 - Watch and listen to your coaches.
 - You don't have to like losing, but handle it with style. Congratulate the winners and try your best to learn from mistakes and do better the next time.
 - Remember, your fans are watching
- **Safety**
 - Wear athletic supporter / cup at practices and games.
 - One man on deck.
 - Put equipment back in proper place.
 - Stay SEATED in the dugout unless on deck.
 - Stay alert and ready on the field.

Batting

- **Strike zone: knees to elbows, plate width (any part of the ball over the plate)**
- **Stance :**
 - **Body Square to plate (wait for upper leagues for open/closed stance)**
 - **Head turned to pitcher (both eyes)**
 - **Feet shoulder width**
 - **Knees bent**
 - **Arms/elbows up, away from sides.**
 - **Loose, relaxed grip on bat**
 - **Bat 6-7 inches from body, hands at lower ribs, and bat angled slightly to shoulder, not on or over.**
- **Stride:**
 - **Begin as pitcher delivers the ball.**
 - **Shift weight to rear leg, upper body balanced over rear leg, front foot lightly touching ground**
 - **Tighten grip on bat**
 - **No hitch (don't drop or raise the bat)**
- **Swing:**
 - **Watch the ball come out of the pitcher's hand, all the way to the bat.**
 - **Bring bat to ball, using wrists, in a slight arc. Bring bat around shoulders, both hands gripping the bat all the way around**
 - **Rotate on balls of feet, hips and feet pointing to pitcher. Look for the letter "L" in the rear leg. Watch that the front foot is not stepping in the bucket.**
 - **Don't move foot position for inside/outside pitches.**
 - **Chin on shoulder, eyes aimed at ball hitting the bat. "Keep your head on the ball".**
- **Move to back of batter's box for faster pitchers. More time to react.**
- **Step out of batter's box if runner is coming in from 3rd.**
- **Don't throw the bat (or you're out! Minors gives warnings, Majors does not.)**

Bunting

- **Bat angled up, bat head higher than handle**
- **Slide upper hand mid-way, thumb on top, fingers curled toward you. Pinch the bat.**
- **Elbows in, knees bent, bat in front of you and the plate**
- **Push ball down to ground by pulling the handle, pushing the head. Ball should hit the head of the bat.**
- **Pivot or square stance: pivot toes to pitcher for bunt and run, square body to pitcher for fake (not used in majors or minors, but will be in upper leagues for base stealing to pull fielders in)**
- **Squeeze play (get runner to 3rd).**
- **Suicide squeeze (can't use in Majors/Minors since runner on 3rd can't leave base to steal as needed).**

Base Running

- **Watch the base coaches for signals, not the ball! Faster running!**
 - **Hands up: stay at the base**
 - **Waving you on: go to the next.**
- **Home to 1st base:**
 - **After you hit the ball, rear foot becomes the lead running foot to give more distance at the start.**
 - **Infield grounder: First base coach signals to run through the bag, do not slow down, run straight through the bag, past the bag, turn out towards foul line and return to the base.**
 - **Outfield hit: round the bag towards second, enough to make to 2nd base or return.**
 - **No sliding to 1st!**
- **All bases:**
 - **Left foot on edge of bag, body facing infield.**
 - **Always get a jump off of the bag as soon as the ball crosses home plate.**
 - **On a grounder: lead with your left foot, turn to next base and run.**
 - **On a fly ball: skip/shuffle sideways, hands out to side for balance. Be ready to return and tag up if the fly ball is caught.**
- **1st to 2nd, 2nd and 3rd:**
 - **Watch the third base coach**
- **3rd to Home:**
 - **Listen to the third base coach**
 - **Must slide if a play is being made at home (or you're out).**
- **Stealing**
 - **Always get a jump off of the bag as soon as the ball crosses home plate.**
 - **Watch for signs from 3rd base coach.**
 - **1st to 2nd, 2nd to 3rd when ball crosses plate. (Minors requires a wild throw, or passed ball which gets past the catcher)**
 - **3rd to home only if the catcher brings the ball into play after wild throw, or passed ball. (No stealing home in Minors).**
 - **Double steal potential (players at 1st and 3rd) generally warrants sending player from 1st to 2nd as soon as the ball crosses home plate, regardless of a passed ball or wild pitch, if less than 2 outs.**
- **Sliding**
 - **Feet first only**
 - **Must slide into home if a play is being made at home. (or you're out)**
- **Must stay within 3 feet of baseline (or you're out).**
- **Cannot interfere with a fielder fielding the ball (or you're out)**
- **Cannot get hit by the ball before it has passed a fielder (or you're out).**

Catching

- **Stance:**
 - Squat.
 - Feet shoulder width, on balls of feet, front of foot angled outward.
 - Be ready to shift to left or right to get pitches. Can't do that kneeling, sitting, or flat-footed.
 - Distance from batter, so mitt is just out of way of batter's bat. Too far back causes the pitcher to suffer.
- Frame the plate with body and mitt.
- Provide a steady target for the pitcher.
- Keep glove hand elbow loose, arm relaxed. Too stiff and ball will bounce out of mitt.
- Keep mitt in front where you can see it.
- See the ball as the pitcher releases it, all the way to your mitt. Work the clock with your mitt.
- Throwing hand, keep protected behind shoe (not behind back because it takes longer to bring your hand back into play).
- Wild pitch in the dirt before the plate: Drop to knees. Tuck your chin. Use body to block ball. Keep that bare hand out of there.
- Pop-ups at home plate: Stand up, take off mask and hold, and then throw away from where ball is going.
- When throwing to an infielder, stand, step in direction of target, and throw.
- Watch for the double steal play (don't be suckered to throw to 2nd on a steal from 1st to 2nd when a runner is on 3rd ready to steal home. If confident, throw to shortstop and have shortstop return throw to get the runner at home).
- Encourage the pitcher.
- Think ahead about where the play is. Call the plays to the fielders.
- Force out: step on the plate and get out of the way of the runner.
- No force out, kneel with left foot on infield edge of the plate. Give the runner a piece of the plate to slide to (backstop side). Tag the runner with the back of your mitt, bringing it straight down, then immediately back up, holding it shut with your bare hand.

Fielding

- Always ask yourself where the next play is. Be in the ready position: knees bent, glove ready. Concentrate on the batter, and base runners.
- Throw the ball only when the ball is in control, and you are positioned in the direction of the throw.
- Throw over-the-top towards the target. Underhand when close. No sidearm (too inaccurate).
- Receiving (catching) throws:
 - Feet shoulder width apart, both hands in front of you, glove hand upright, throwing hand upright next to glove, fingers straight up (not bent or finger jams can occur).
 - Be prepared to shuffle/move to get aligned with the throw.
 - Step forward with glove foot, push glove forward to the ball.
 - Keep glove arm relaxed to absorb the throw. Too rigid and the ball will bounce out of the glove.
- Grounders:
 - Try to keep the ball in front of you, not off to the side. (Shuffle left or right). Backhanding may be necessary if you can't get positioned in line with the ball.
 - Charge the ball. Keep the hop short!
 - Keep the glove in front of you, in view, so you can see the glove and the ball. Use glove face forward to scoop, not trap to ground. Bare hand over glove, fingers pointed up to quickly grab the ball out of the glove.
 - Push the glove toward the ball (fight the tendency to back away). Keep the hop short!
- Fly Ball:
 - Move to position under the ball, glove open.
 - Use both hands, bare hand upright next to the glove hand, for quicker grab and throw.
- Keep elbow bent, arm loose, not rigid.
- Pitcher: back up the basemen when trying to get the runner out. Don't just stand on the mound.
- 1st base:
 - If the ball is hit to you, step on the inside of the bag, turning towards the infield.
 - If the ball is hit to other infielders, run to 1st, put both heels on the edge of the bag facing 2nd.
 - When ball is thrown to you, step forward with glove foot, move glove forward, elbow bent, not rigid. If the ball is not thrown directly to you, instead of stepping forward, shuffle, or cross glove foot and hand over to other side. Don't keep your foot on the base at the expense ball getting by.
- 2nd base:
 - Be the cutoff for outfield hits. (2nd baseman for right field, SS for left field).
 - Backups for infield hits (SS backup the 2nd baseman or visa versa depending on hit location)
- Outfield
 - Use cutoffs for long hits, back-up respective bases on infield grounders or throws
 - Try to get the lead runner at the next base (not a base he is just shy of getting to).

Pitching/Throwing

- **Ball grip:**
 - 4-seam fastball grip for accuracy. For fielding and pitching.
 - 2-seam fastball grip for more speed and ball movement across the plate. For pitching.
- Visualize a straight line from pitcher's plate to home. Body movement in direction of that line. Don't step sideways out of that line, since it affects balance.
- **Arm movement**
 - Think, "Thumb to thigh, ball to sky".
 - Drop the arm/hand/ball down to the thigh, with the thumb facing the thigh.
 - Swing the arm up, bending at the elbow, forming the letter "L", with the hand/ball facing away from head, slightly above head.
 - Don't reach back with arm or keep arm locked straight or else shoulder problems. Two words: "Pain", "Suffering".
 - Bring ball over-the-top. No sidearm.
- **Pitching from the stretch**
 - Body faces 3rd base (1st base for lefty)
 - Rear foot sideways against front edge of pitcher's plate.
 - Start with feet shoulder width apart, hands at sides, loose and relaxed.
 - Step: bring ball and glove together, slide front foot to rear foot.
 - Balance: lift front foot, knee bent, with weight of body balanced over rear foot. Don't lean back!
 - Power (windup), bringing ball down to thigh, then up to the sky. Stay relaxed and loose. You should only feel weight balanced over rear leg and ball in hand. No tension in arm or shoulder. Don't lean back.
 - Finish (follow-through): Eyes on the catcher's mitt. Bring the ball over-the-top towards catcher, let the wrist naturally fall and release the ball. Rotate upper body toward the catcher. Keep your chest back, until the arm has fallen. Throwing hand "slaps" catcher's mitt, and the arm crosses over to opposite leg. Front stride foot is planted, aimed toward the batter (not straight at home plate). Rear leg provides the push forward, comes around with hips so legs and body face catcher.
- **Full windup (See handout "Start, Step, Balance, Power, Finish").**
 - Start: Address (face) the batter, with ball and glove together at chest level. Stand on top of pitcher's plate, with the ball of pivot foot toward the front of the pitcher's plate.
 - Step: back about 6 inches with foot opposite of your throwing arm. Don't lean back. Place pivot foot sideways against the front of the pitcher's plate.
 - Balance: Lift opposite foot, knee bent, and rotate body facing 3rd base (1st base for lefty).
 - Follow steps as above for pitching from the stretch for power and finish.
- Pitcher backs up his fielders for base-coverage, especially home when a runner is on 3rd.