



## 2024 COACH'S PACKET

- Grades:** Kindergarten – 5<sup>th</sup>
- Divisions:** Kindergarten & 1<sup>st</sup> grade  
2<sup>nd</sup> & 3<sup>rd</sup> grade  
4<sup>th</sup> & 5<sup>th</sup> grade
- Practices:** Begin the week of March 18
- Games:** Begin the week of April 15 and run through May 18
- Coach's Meeting:** Thursday, March 7; 6:00 - 7:00 p.m.  
Tumwater Fire Department Training Room

**Tumwater Parks & Recreation**  
555 Israel Road SW  
Tumwater, WA 98501  
(360) 754-4160  
[tumwaterparks@ci.tumwater.wa.us](mailto:tumwaterparks@ci.tumwater.wa.us)



Dear Coaches,

Thank you for your interest in volunteering for the 2024 Tumwater Baseball league. Please review this packet carefully as there are several items of importance.

**Required Forms:**

Please complete the required coach's forms that are listed below and included in this packet. The forms must be returned to Tumwater Parks & Recreation by Monday, March 18. Send completed forms to: [tumwaterparks@ci.tumwater.wa.us](mailto:tumwaterparks@ci.tumwater.wa.us).

- Volunteer Application
- Volunteer Release of Liability
- Coach's Code of Ethics
- Coach's Concussion Compliance

**Coach's Meeting:**

Thursday, March 7 from 6:00 to 7:00 p.m. at Tumwater Fire Department Training Room.

**Equipment:**

Equipment will be distributed to coaches on Thursday, March 14 or by appointment at Tumwater City Hall.

**Important Dates:**

- **Week of March 18:** Practices begin (2 times/week)
- **Week of April 15:** Games begin (2 games/week)
- **Saturday, April 20 (Tentative):** Picture Day
- **Saturday, May 18:** Final games & Party at the Park

I appreciate your support and involvement in this program and look forward to working with you in the upcoming season! If you have any questions regarding this information, please don't hesitate to contact me at (360) 239-1538.

Thank you!

Charlie Groth, Recreation Supervisor

# 2024 TUMWATER BASEBALL

## COACH/PARENT MEETING GUIDELINES



Coaches are strongly encouraged to conduct pre-season communication with parents to cover the following items as well as to recruit additional assistance. The following information will assist coaches to communicate the league's philosophy, goals, conduct, and general information.

### **Contact Parents & Introductions:**

Contact your team parents and introduce yourself and your assistants. Let them know your practice schedule, location, dates, and times. This is also a time to recruit assistants and parent helpers if needed.

### **Philosophy & Goals:**

Explain how you will run practices, what your expectations are, and what you hope to accomplish. Our intention is to provide a recreational opportunity for children that is both safe and educational.

### **Code of Conduct:**

Focus on positive encouragement from your coaching staff and team parents as well. Encourage parents to set a good example by not responding negatively to officials, players, or other parents. This can "make or break" the experience of this program for a child.

### **Facilities:**

Educate parents on the policies of the league and use of City of Tumwater park fields.

### **Schedules:**

Game schedules will be available online the week of April 8 and can be accessed by visiting: [www.ci.tumwater.wa.us/baseball](http://www.ci.tumwater.wa.us/baseball). Be sure to highlight important dates throughout the season, such as the first game and picture day.

### **Emergency:**

Discuss any health-related issues children have that could require first aid or medical attention. Food allergies would also be important to discuss for team snack purposes.

### **Communication:**

Encourage parents to communicate with you and your assistants. Involve parents by asking them to volunteer for various duties such as practice help, batting line-up help, making calls/texts when changes occur, coordinating equipment, etc.

# TUMWATER BASEBALL COACH'S RESPONSIBILITIES



## **COACHING STAFF:**

Official coaching staff will consist of one head coach and one assistant. Once teams have been formed, coaches may recruit parents as additional assistants with the understanding that Tumwater Parks & Recreation can only provide a total of two coach's shirts per team.

## **SAFETY:**

Coaches are responsible for supervising their players at all times during practices and games. Please do not allow players to wander off, play on playground equipment, or involve themselves in other mischievous or dangerous situations. Parents should supervise all player siblings. Please make sure parents understand that all children should be respectful of the park property. Please contact the league coordinator if problems occur.

## **PRACTICES:**

Tumwater Parks & Recreation will provide each head coach with a practice schedule. Coaches need to attend all the practices. Should a coach need to cancel a practice, it is the responsibility of that coach or his/her appointed "contact person" to notify all the players/parents of the cancellation. Practices should be conducted in an organized manner, teaching skills, fundamentals, and sportsmanship.

## **GAMES:**

Please review and adhere to the league rules. Positive encouragement, fun, and learning the skills of the game should be a high priority for all coaches and parents.

## **RAINOUTS:**

Game rainout information will be posted on the Team Sideline scheduling site: [www.teamsideline.com/tumwater](http://www.teamsideline.com/tumwater). Practice cancellations due to weather or poor field conditions are determined by the coaching staff.

## **REWARD:**

This will be a great experience for everyone involved if we are successful in recruiting quality coaches who support the philosophy of our league and are able to communicate that philosophy to the parents and players.

## **THANKS:**

I want to sincerely thank all the volunteers for committing their time and efforts to this program. Without you, this program would not be possible. I hope that you will strongly consider continuing to support these activities by volunteering in the future. Thanks again!

- **Charlie Groth**

# 2024 TUMWATER BASEBALL

## Rules



### General:

- Three divisions of play: K/1st, 2nd/3rd, and 4th/5th.
- Rules apply to each division as specified.
- Tumwater Baseball prides itself on playing the game with sportsmanship. Coaches, we ask that you fully support sportsmanship in every way. **Example:** Players should be encouraged to cheer on their teammates while at bat and in the field with positive coach and parent support throughout the games. We appreciate your cooperation.

### Kindergarten/ 1<sup>st</sup> Grade Division

#### Equipment:

- 2 ¾" barrel bat is the maximum diameter allowed.
- Metal cleats are not allowed.
- Base distance is 60'.
- **K/1st:** 9" 5-ounce Safe-soft baseball is used.
- **Batting Tee** for use if ball is not put into play with coach pitch

#### Pre-game info:

- It is the home team's responsibility to provide a volunteer umpire/parent behind home plate.
- Coaches will have a pre-game conference with the volunteer umpire before every game to discuss ground rules specific to each field and to clarify any rules prior to the game.
- Home team provides game balls.

#### Pitching:

- Coaches are encouraged to pitch overhand from either a standing or kneeling position at a distance from which they can successfully throw strikes.
- Coaches should not field live balls, as the defensive team will assign a player to field the pitching position.
- Coach pitch: The batter gets 6 pitches to put the ball in play.
- If the ball is not put in play by the 6th pitch, a tee is used until the ball is hit into play.
- Please note: You can speed up the game immensely by having the coach take 6 baseballs to the mound. Do not have catchers throw each pitch back to the mound. Rather, have the umpire hold each ball that is pitched until all 6 baseballs have been pitched or the batter puts a ball into play.

#### During the game:

- There will be one team warning on a thrown bat. The batter/runner will be ruled out with each succeeding offense. The play proceeds as a live ball.
- No courtesy base-runners allowed except for an injured player.
- No headfirst slides except to return to a base. Base-runner will be ruled out for failure to comply with this rule.

- All attempts must be made to slide and/or avoid contact. Incidental contact occurs in baseball; however, an obvious lack of effort to slide and/or avoid contact may cause the base-runner to be ruled out by the umpire.
- Maximum of 10 defenders can be used in the field. The 4 outfielders must be positioned in the outfield. Teams may play with a minimum of 6 players.
- The minimum number of players a team may field on defense is 6. Late arriving players may be added to the end of the batting line-up.
- Players must play at least one inning on defense unless the time limit is reached after only one inning of play has been completed.
- Unlimited substitutions are allowed on defense. Exception: Once a player is removed from the pitcher's position for any reason, that player may not return to the pitcher's position again during that same game.

### **K/1st Only In-Game Rules:**

- Bat the entire line-up.
- Bunting is not allowed.
- A player that is put out on the bases can continue to proceed around the base path. Base runners may stay on base until they reach home or the entire line-up has batted.
- Coaches should rotate defensive players through the positions so kids gain experience at both infield and outfield positions.

### **Inning length:**

- An inning ends after all batters on both teams have had an at-bat in that inning. The final batter will be treated the same as any other batter in the line-up. Once the hit or "out" is recorded the remaining base runners are allowed to run the base path to home as the teams transition. This enables all players in the line-up an opportunity to run the bases.

### **Game length:**

- Game length: 1 hour 15 minutes
- An official game is 1 complete inning.
- If the first full inning is completed prior to the time allowance of 1 hour and 15 minutes, a second inning may be played.
- Maximum of 3 innings per game if time allows.
- No new inning will start after the time limit has been reached, unless both coaches and volunteer umpire agree to do so.

### **After the game:**

- Tied games will end in a tie unless time allows for an additional inning to be played.
- Standings: wins & losses are not recorded.
- The home team is responsible for reporting a game cancellation due to poor weather or field conditions to Charlie Groth at Tumwater Parks & Recreation. Please provide a few potential make-up dates that work for both teams involved and the game will be rescheduled accordingly.

## 2nd / 3rd Grade Division

### Equipment:

- 2 ¾" barrel bat is the maximum diameter allowed.
- Metal cleats are not allowed.
- Base distance is 60'.
- Pitch distance is 35' - 38' for 2nd/3rd
- **2nd/3rd:** 9" 5-ounce Safe-soft **level #5** baseball is used.

### Pre-game info:

- It is the home team's responsibility to provide a volunteer umpire/parent behind home plate.
- Coaches will have a pre-game conference with the volunteer umpire before every game to discuss ground rules specific to each field and to clarify any rules prior to the game.
- Home team provides game balls.

### Pitching:

- Coach pitch: The batter gets 6 pitches to put the ball in play. Coach pitch rules apply for all games in April.
- **For 2nd/3rd only:** Each player gets 6 pitches to put the ball in play. If unsuccessful, an out is recorded.
- Kid pitch will begin during the third week of play and continue for the remainder of the season.
- Modified kid/coach pitch is an acceptable alternative to strictly kid pitch. Coaches and players may alternate or combine pitching at-bats to increase the likelihood of balls being put into play by hitters. (This exception must be agreed upon by both coaches prior to the start of the game).
- Pitching distance for kid pitch is 35-38 feet. This distance can vary based upon the pitcher's ability.
- All return throws to pitcher are dead balls.
- A batter that is hit by a pitch thrown by a player pitcher will be awarded first base. A batter hit by a pitch thrown by a coach will continue the at bat.
- After 4 balls are issued, the offensive team's coach/volunteer continues pitching the at bat, with a reset count, until an out is recorded or the batter reaches base safely on a hit ball. (No walks). The batter will have a maximum of 6 additional pitches from a coach to put the ball in play. If unsuccessful, the batter is out.
- Player pitchers hitting a total of 3 batters in a game will be replaced immediately after the 3rd batter has been struck by the pitch.
- Pitchers must not throw more than 2 innings in a calendar day and a total of 4 innings per week (Mon-Sun). A 40-hour rest period is required for anyone pitching 2 innings in a calendar day. A single pitch in any given inning is considered a full inning pitched.
- Not all players are required to pitch.

### During the game:

- There will be one team warning on a thrown bat. The batter/runner will be ruled out with each succeeding offense. The play proceeds as a live ball.
- No courtesy base-runners allowed except for an injured player.

- No headfirst slides except to return to a base. Base-runner will be ruled out for failure to comply with this rule.
- All attempts must be made to slide and/or avoid contact. Incidental contact occurs in baseball; however, an obvious lack of effort to slide and/or avoid contact may cause the base-runner to be ruled out by the umpire.
- Maximum of 10 defenders can be used in the field. The 4 outfielders must be positioned in the outfield. Teams may play with a minimum of 6 players.
- The minimum number of players a team may field on defense is 6. Late arriving players may be added to the end of the batting line-up.
- Players must play at least one inning on defense unless the time limit is reached after only one inning of play has been completed.
- Unlimited substitutions are allowed on defense. Exception: Once a player is removed from the pitcher's position for any reason, that player may not return to the pitcher's position again during that same game.

### **2nd/3rd Only In-Game Rules:**

- Bunting is allowed.
- Strikeouts are recorded.
- All overthrows are dead balls; base-runners advance 1 base. (Exception: Catchers throw to 1st base in a pick-off attempt, see rule that follows).
- Catchers may throw to bases after a pitch, in an attempt to pick off a base-runner. The base-runner may not advance on an overthrow in this situation.
- Secondary lead-offs are encouraged. (ie: baserunner can leave the base after the ball leaves the pitcher's hand but stealing is not permitted; see rule that follows).
- No base stealing.
- Coaches should rotate players through the positions so kids gain experience at both infield and outfield positions.

### **Inning length:**

- An at-bat ends after 3 outs are recorded OR 3 runs scored, whichever comes first.
- Coaches may also agree to bat through the line-up each inning.

### **Game length:**

- Game length: 1 hour 15 minutes
- An official game is 2 complete innings.
- If the 2nd inning has been completed prior to the time allowance of 1 hour and 15 minutes, a third inning may be played.
- Maximum of 3 innings per game if time allows.

### **After the game:**

- Tied games will end in a tie unless time allows for an additional inning to be played.
- Standings: wins and losses are not recorded.
- The home team is responsible for reporting a game cancellation due to poor weather or field conditions to Charlie Groth at Tumwater Parks & Recreation. Please provide a few potential make-up dates that work for both teams involved and the game will be rescheduled accordingly.



## **4th / 5th Grade Division**

### **Equipment:**

- 2 ¾" barrel bat is the maximum diameter allowed.
- Metal cleats are not allowed.
- Base distance is 60'.
- Pitch distance is 35' - 38' for 4th/5th.
- **4th/5th:** 9" 5-ounce Safe-soft **level #5** baseball is used.

### **Pre-game info:**

- It is the home team's responsibility to provide a volunteer umpire/parent behind home plate.
- Coaches will have a pre-game conference with the volunteer umpire before every game to discuss ground rules specific to each field and to clarify any rules prior to the game.
- Home team provides game balls.

### **Pitching:**

- Kid pitch will begin with the first game of the season.
- Teams must rotate players through the pitching position. Pitchers cannot pitch in consecutive games.
- Volunteer umpires will call balls and strikes.
- A batter is out after 3 strikes have been called.
- Pitching distance for kid pitch ranges from 35 to 38 feet. Players can adjust based on their needs. Pitching rubber will be set at 35 feet
- All return throws to pitcher are dead balls.
- A batter that is hit by a pitch thrown by a player pitcher will be awarded first base. Batters are not permitted to continue their at-bat once hit.
- After 4 balls are issued, the batter walks.
- Player pitchers hitting a total of 3 batters in a game will be replaced immediately after the 3rd batter has been struck by the pitch.
- Pitchers must not throw more than 80 pitches in a calendar day and may not pitch in consecutive games. A 48-hour rest period is required for anyone pitching 2 innings in a calendar day. A single pitch in any given inning is considered a full inning pitched.
- Not all players are required to pitch, but the idea is to rotate pitchers to give all players an opportunity.

### **During the game:**

- There will be one team warning on a thrown bat. The batter/runner will be ruled out with each succeeding offense. The play proceeds as a live ball.
- No courtesy base-runners allowed except for an injured player.
- No headfirst slides except to return to a base. Base-runner will be ruled out for failure to comply with this rule.
- All attempts must be made to slide and/or avoid contact. Incidental contact occurs in baseball; however, an obvious lack of effort to slide and/or avoid contact may cause the base-runner to be ruled out by the umpire.
- Maximum of 10 defenders can be used in the field. The 4 outfielders must be positioned in the outfield. Teams may play with a minimum of 6 players.

- The minimum number of players a team may field on defense is 6. Late arriving players may be added to the end of the batting line-up.
- Players must play at least one inning on defense unless the time limit is reached after only one inning of play has been completed.
- Unlimited substitutions are allowed on defense. Exception: Once a player is removed from the pitcher's position for any reason, that player may not return to the pitcher's position again during that same game.

#### **4th/5th Only In-Game Rules:**

- Bunting is allowed.
- Strikeouts are recorded.
- All overthrows are dead balls; base-runners advance 1 base.
- Catchers may throw to bases after a pitch, in an attempt to pick off a base-runner. The base-runner may only advance one base on an overthrow in this situation.
- Secondary lead-offs are encouraged. (i.e.: base-runner can leave the base after the ball crosses home plate).
- Players are allowed to steal 2<sup>nd</sup> and 3<sup>rd</sup> base. A player may not steal more than one base at a time even if a ball is overthrown in an attempt to catch the player stealing.
- Players are not allowed to steal home plate.
- A maximum of two bases can be taken on any hit by the batter or any players on the bases. Exception: On a homerun, the batter and all base-runners round the bases.
- Coaches are encouraged to help players find positions in which they excel (i.e.: players with stronger arms may be great outfielders or players with more accuracy in throwing may be better infielders). Coaches are still encouraged to allow players to try different positions in order to best find their strengths.

#### **Inning length:**

- An at-bat ends after 3 outs are recorded OR 4 runs scored, whichever comes first.

#### **Game length:**

- Game length: 1 hour 30 minutes or 3 completed innings.
- Game length: An official game is 3 complete innings. An additional inning can be added later in the season.
- If the 3<sup>rd</sup> inning has been completed prior to the time allowance of 1 hour and 30 minutes, additional innings may be played.
- Maximum of 5 innings per game, if time allows.

#### **After the game:**

- Tied games will end in a tie unless time allows for an additional inning to be played.
- Standings: K/1st and 2nd/3rd: standings are not recorded. 4th/5th: standings are kept as needed.
- The home team is responsible for reporting a game cancellation due to poor weather or field conditions to Charlie Groth at Tumwater Parks & Recreation. Please provide a few potential make-up dates that work for both teams involved and the game will be rescheduled accordingly.



# Tumwater Baseball Volunteer Application



## Coach's Contact Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: WA Zip: \_\_\_\_\_

Cell: \_\_\_\_\_ Home: \_\_\_\_\_ Work: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

**PLEASE NOTE:** Upon submission of this application, you will receive an email from Tumwater Parks & Recreation with a link to the NCSI National Background Check. Please follow the instructions to complete the required information.

## Coaching Details/Preferences:

Position you are interested in:  Head Coach  Assistant Coach  Either

Is there someone you would like to coach with? If so, provide name: \_\_\_\_\_

**Please note:** If there are several individuals interested in coaching one team, we ask those interested to work together in coordinating who will be the head coach and who will assist.

Division: (select one)  K/1st  2nd/3rd  4th/5th

School: \_\_\_\_\_

Your T-shirt size:  Sm  Md  Lg  XL  XXL

Is there a specific night of the week that you absolutely cannot practice? \_\_\_\_\_

## Coaching Experience:

Have you played baseball?  Yes  No

If yes, at what level did you compete?  H.S.  College Other \_\_\_\_\_

Have you previously coached baseball?  Yes  No

**Briefly describe your coaching experience in baseball or other sports.**

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**References:** We ask that all volunteer coaches provide two character references of support.

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Email: \_\_\_\_\_



## **TUMWATER BASEBALL**

### **Volunteer Release of Liability**

As a volunteer for Tumwater Parks and Recreation, I will support the work of City staff and uphold all the guidelines, policies, and standards set by the City of Tumwater Parks and Recreation Department. I have been provided with a copy of these guidelines, policies and standards. As a volunteer for Tumwater Parks and Recreation, I understand that I am viewed as a representative of the City, the department, and the program with which I am involved. I will put forth every effort to exhibit a friendly, positive attitude and work to assist in the program's success.

I understand that the City of Tumwater will provide volunteer training to cover the areas for which I may be responsible, and the activities/duties in which I will take an active role. I also understand that additional training may be required to increase my knowledge and abilities to perform as a successful volunteer.

I agree to hold harmless the City of Tumwater, its officials, employees and agents for any damage claim or lawsuit for injury, illness or damage or loss of any kind to me arising out of my connection with or from my participation as a volunteer in activities with the City of Tumwater's Parks and Recreation Department.

I consent to the City performing a background check into my history in accordance with RCW 43.43.830-839 and waive any right of privacy I may have in such information for the limited purpose of the City considering it for determining my suitability as a volunteer.

I give permission to have my photo taken and used for publicity purposes by the Parks and Recreation Department. I authorize the City and its employees or agents to provide me with emergency medical treatment if it is deemed necessary. To the best of my knowledge, I have no physical or other condition, which would interfere with my participation as a volunteer for Tumwater Parks and Recreation.

Name (Please print): \_\_\_\_\_ Phone: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

*(Required for participants under 18 years of age)*



## **TUMWATER BASEBALL Coach's Code of Ethics**

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will do my best to organize practices that are fun and challenging for all of my players.
- I will lead by example in demonstrating fair play, sportsmanship, and will conduct myself in a professional manner consistent with the objectives of this league.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all Tumwater Baseball events.
- I will be knowledgeable in the rules of Tumwater Baseball, and I will teach these rules to my players accordingly.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.
- I understand that this is a volunteer position, and my involvement can be terminated due to violation of this code of conduct and/or unacceptable behavior or actions.

Coach's Printed Name: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## **Tumwater Baseball Coach's Concussion Law Compliance**

Chapter 475, Laws of 2009 (HB 1824), requires the adoption of policies for the management of concussions and head injuries in youth sports. In order for Tumwater Parks and Recreation youth sports leagues to be in compliance, all coaches are required to:

- Be educated as to the nature and risk of concussion and head injuries including continuing to play after concussion or head injury. This education shall include signs and symptoms of concussion/brain injury and is available at no charge to coaches at [www.wiaa.com](http://www.wiaa.com).
- Educate their athletes on the signs and symptoms of a concussion and encourage athletes to notify a coach if they or a teammate exhibits those signs or symptoms.
- Immediately remove from participation/competition any athlete who is suspected of sustaining a concussion or head injury.
- Not allow an athlete who has been removed from play because of a suspected concussion/brain injury to return to play until the athlete has received written clearance from a licensed health care provider trained in the evaluation and management of brain injuries.

### **Coaching Requirement:**

- Review the WIAA Concussion Management Guidelines
- View the WIAA Concussion Training Video & Sideline Assessment for Suspected Concussion Video

The packet and video are available at [www.wiaa.com/health-wellness-welcome/](http://www.wiaa.com/health-wellness-welcome/)

By signing below, I certify that I have viewed the Concussion in Youth Sports video and reviewed the Coaches Resource Packet at [www.wiaa.com](http://www.wiaa.com).

Coach's Printed Name: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_ Date: \_\_\_\_\_