



Youth Baseball Baton Rouge

(9U-12U)

January 2023

BREC ATHLETICS
6201 Florida Blvd
Baton Rouge, LA
225.272.9200

THE RECREATION AND PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

Dear Team Manager,

On behalf of the Recreation and Parks Commission for the Parish of East Baton Rouge, we would like to welcome you as a participant in our Youth Baseball Program.

Our goal is to offer quality sports programming at affordable prices and see that each participant has an enjoyable leisure experience.

Please read the rulebook at your first opportunity to familiarize yourself with our league's rules and regulations.

We now have an online registration system. You can establish your online account at www.brec.org. For additional information, you can contact athletics@brec.org or you can also visit our department's web site at <http://www.brec.org/index.cfm/subhome/athletics>.

All managers/coaches must take the SPORTSMANSHIP class. (NFHS Sportsmanship Course <https://nfhslearn.com/courses/sportsmanship-2>) Submit completion certificate with team registration form.

All manager/coaches must take the CONCUSSION training course (Center for Disease Control and Prevention Concussion Training Course <https://www.cdc.gov/headsup/youthsports/training>) Submit completion certificate with team registration form.

Again, welcome to our program. Wishing you and your team a very enjoyable and successful season.

Sincerely,

BREC Athletics

The Recreation and Park Commission for the Parish of East Baton Rouge reserves the right to make changes to this document as necessary during the season.

THE RECREATION & PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

TEAM REGISTRAION

Player Contracts

All youth sports players' contracts must be completely filled out for an child to play. Every registered player must be listed on the team roster.

Coaches will need to pay at least 50% of registration fee to reserve a ballfield location for practice.

Coaches Registration for Youth Sports Volunteer Coach

All Coaches a required to complete and submit a BREC Volunteer Coaches Background Check Form by **February 15th** of each year:

https://brec.samaritan.com/custom/522/opp_details/8056

Teams/organizations with multiple teams and/or age groups are required to have more than **one (1) coach per team per age group**.
No Exceptions

People who have not registered, and been approved, as a coach **will not be allowed** to coach in any capacity (practice or games).

People who are not listed on the team roster will not be allowed to coach in any capacity during games.

A coach who does not have their Volunteer ID Badge and/or Driver's License **will not be allowed** on the field/dugout area as coach.

Wearing your BREC volunteer identification badge is an important public safety tool, and you are always required to wear them.:

- The ID provides special designation for authorized and qualified volunteers.
- The ID is a key component of a comprehensive risk management practice that reflects a comprehensive public safety practice.
- The ID builds trust among the public that parks and recreation is committed to quality management practices.
- The ID provides public information regarding the leadership role of parks and recreation to make communities safe.
- A photo identification practice serves the dual purpose of identifying volunteers as qualified and authorized personnel and builds public awareness for quality volunteer management practices.
- The system of requiring identification badges is only effective when there is compliance by all volunteers wearing their photo identification always of service

Guidelines for BREC Volunteer Identification Badges

1. All qualified volunteers are required to wear a photo identification badge.
2. Photo identification badges are always to be displayed when at practice or a game setting and are not to be worn or used for any other purpose than a volunteer coaching assignment.
3. No pins, stickers, or markings can be displayed on the BREC ID badge. The photo identification badge must be clearly visible to the public and should be worn between the shoulders and waist with the photo clearly visible. **(BREC provided black lanyards before the start of the season for coaches to wear around their necks)**
4. If a photo identification badge is lost or stolen, it is the responsibility of the volunteer to notify a supervisor as soon as possible to obtain a replacement badge.
5. The photo identification badge will be issued to all volunteers after the completion of a comprehensive background check and will expire one year from that date of issuance.
6. It is the duty of every qualified volunteer to report any volunteer failing to properly display their credential and sign the volunteer logbook before each BREC practice and/or game.

Failure to perform any of the given guidelines will resort in your team forfeiting a contest and any individual not adhering to BREC policy and procedures for youth basketball and/or any other sport with youth participation, will be escorted from the premises.

If you have any questions and/or concerns, please contact the Athletics Department at athletics@brec.org.

All coaches and officials are required to take and complete a Sportsmanship Course offered through the National Federation of State High School Associations (NFHS). Coaches and officials are also required to complete a concussion training course offered through the Centers for Disease Control and Prevention. The completion certificates for the Sportsmanship training as well as the Concussion training must be submitted when your team registration packet is submitted. If any coach does not submit his/her certificates will not be eligible to coach until the courses are completed and their certificates are submitted.

➤ Sportsmanship Course Link: <https://nfhslearn.com/courses/sportsmanship-2>

➤ Concussion Course Link: <https://www.cdc.gov/headsup/youthsports/training/>

TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S): I hereby represent that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release, on behalf of myself and organization.

Coach Signature: _____

Print Name: _____

League: _____

Date: _____

Team/Organization Name: _____

BREC CODE OF CONDUCT

- No manager, player, or spectator shall physically/verbally threaten, lay a hand upon, shove, or strike an official, field supervisor, staff member, player and/or spectator.
- No manager, player, and/or spectator shall be guilty of objectionable and/or disruptive verbal demonstrations of dissent at an official's or field supervisor's decision or refuse to abide by official's or field supervisor's decision. No manager, player, and/or spectator shall be guilty of verbal abuse to include references to an individual or group's race, religion, gender, national origin, disability, or age.
- Participants shall not use flagrant rough tactics against an opposing player.
- There shall be no unnecessary throwing of equipment, or any other objects.
- There will be no cause for defacement or destruction to any public facility or equipment.
- Participants (managers, coaches, players, etc.) may not falsify their own name or any other player's name on a team roster, scoresheet, or any other league document. The use of ineligible or illegal players is not permitted.
- Individuals and/or teams violating the Code of Conduct will be subject to league discipline action which may include one or more of the following actions: game ejection, game forfeiture, game suspensions, probation and/or seasonal suspension.

BREC PARK POLICIES

- No alcoholic beverages may be brought onto or sold on BREC property. (City Parish Ordinance, Title 13: Section 13:1010)
- Pets must always be leashed, and droppings removed. For information on our Dog Park locations, please call 272-9200 ext. 400. (City Parish Ordinance Title 14, Chapter 2, Sec. 14:204)
- Firearms, explosives, and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011)
- Gambling or games of chance are prohibited on BREC property. (City Parish Ordinance, Title 13: Section 13:90.2)
- Firearms, explosives, and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011)
- Please help keep your parks clean by placing all trash and litter in receptacles provided at all BREC parks. For safety purposes glass containers are prohibited within parks.
- Sale of merchandise, food and beverage, solicitation of fees or donations, or conducting any type of business or event, including distribution of flyers, signs or other advertising mediums is prohibited without permit from BREC Commission. (City Parish Ordinance Title 3, Chapter 5, Sec 3:90- 93) For additional information regarding permits see Special Events.
- Park patrons are advised to be cautious of purchasing any product or merchandise from a vendor in a BREC park not displaying a BREC Permit or not selling from a designated BREC concession stand.
- Teams/Spectators may not play their own music inside of a BREC park before, during, or after games.
- ***Teams/players violating any BREC park policy may be subject to forfeiture of the game and/or expulsion from the league.***

Oak Villa/Central Sports Park Rules

1. *All alcohol sales must be referred to BREC. No alcohol sales will be allowed during youth tournaments.*
2. *No profanity will be used on the premises.*
3. *No outside food or drinks will be allowed inside the park.*
4. *No pets allowed in the park (service dogs are allowed).*
5. *Hitting balls into any fencing is not allowed.*
6. *Unreserved fields that are not rented by the tournament director are not available for practice or warm-ups during the tournament.*
7. *Electrical outlets in the dugouts may be used for small portable fans in the dugout.*
8. *No generators are allowed inside of the ballpark.*
9. *All ice chests are subject to search.*
10. *Recreation Managers are responsible for presenting this information to the coaches. Many of these rules are essential for the coach to pass on to his teams' parents (no pets, no generators, etc.).*
11. *No sunflower seeds, gum and peanut shells are allowed on the artificial turf fields.*
12. *Cleats are permitted, but players may not use cleats that have any metal exposed.*

Team Manager Responsibilities

➤ *Team managers serve as a communication between BREC and staff to members of their team. Therefore, it is important that all team managers communicate effectively, pertinent information submitted from the Athletics Department. We ask that all team managers read each document thoroughly and carefully, and as well as all included attachments, if needed.*

➤ **It is the responsibility of team manger to make sure that...**

- ✚ All rosters are submitted and completed, prior to the season startup date.
- ✚ All rosters are updated when new player additions are made.
- ✚ Each player, coach, and/or manager participating has signed their roster/waiver prior to participation.
- ✚ Each player is aware of the rules, procedures, and player code of conduct put in place by BREC
- ✚ The athletics department is notified properly on any forfeited game, so that arrangements are made for the opponent of that team.
- ✚ All rescheduled games, game cancellation, and forfeits are relayed to members of the team.
- ✚ All written protests are submitted to the Athletics Office within 2 (48 hours) business days of the incident in question.
- ✚ All players are in the appropriate color uniform based on HOME or VISITOR bench, with numbers affixed to jersey. *Players who fail to comply will be ruled ineligible to participate.*
- ✚ Those members of their team, fans and/or parents conduct themselves in a manner within accordance of BREC league rules and Code of Conduct.
- ✚ ▪ Relay/Forward all player suspension documents to member(s) of their team, if needed.

TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S): I hereby represent that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release, on behalf of myself and organization.

Coach Signature: _____

Print Name: _____

League: _____

Date: _____,

Team/Organization Name: _____

PARENTS CODE OF ETHICS

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Code of Ethics.

I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice, or other youth sport event.

I will place the emotional and physical well-being of my child ahead of any personal desire to win.

I will insist that my child play in a healthy environment.

I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.

I will demand a drug, alcohol and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.

I will remember that the game is for children and not for adults.

I will do my very best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

I will promise to help my child enjoy the youth sports experience within my personal constraints by being a respectful fan, providing transportation or whatever I can do.

CHILD PARTICIPANT NAME(S):

1. _____
2. _____
3. _____
4. _____

Team/Organization Name: _____

TO BE READ AND SIGNED BY PARENT/GUARDIAN OF MINOR: I hereby represent that I am the parent/guardian of the minor(s) whose name(s) appears above. I am familiar with and consent and agree to the terms and provisions set forth in this release/parent's code of conduct, on behalf of myself and said minor.

Parent/Guardian Signature: _____

Print Name: _____

Date: _____

By placing your email below, you are giving permission for BREC staff to send updated league information, as well as upcoming BREC leagues/events in the future. Please print legibly.

Email address: _____

COACHES CODE OF ETHICS PLEDGE

I hereby pledge to live up to BREC's Coaches Code of Ethics.

I will place the emotional and physical well-being of my players ahead of any personal desire to win.

I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for the same age group.

I will do my very best to provide a safe playing situation for my players.

I promise to review and practice the necessary first aid principles needed to treat injuries of my players.

I will do my best to organize practices that are fun and challenging for all my players.

I will lead, by example, in demonstrating fair play and sportsmanship to all players.

I will ensure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth coach, and that the game is for children and not adults.

By placing your email below, you are giving permission for BREC staff to send updated league information, as well as upcoming BREC leagues/events in the future. Please print legibly.

Email address: _____

TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S): I hereby represent that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release, on behalf of myself and organization.

Coach Signature: _____

Print Name: _____

League: _____

Date: _____

Team/Organization Name: _____



COACH & SUPPORTER CODE

NO COACH or SUPPORTER who is associated with your team is allowed under no circumstances to say (shout/criticize/heckle) anything to a BREC Sports official (Court/Scores Table). Any coach/parent/supporter who is cited with saying anything to a BREC Sports Official will be the result of a technical foul (2 shots) called/charged against the team (issued to the Head Coach) in which the erratic supporter is affiliated. If a second (2nd) technical foul is called/charged against the team of the coach/parent/supporter, the team with two (2) Fan/Supporter Technical Fouls will forfeit the game immediately and the Head Coach will serve a one (1) game suspension. Coaches are responsible for the actions of their supporters.

Acknowledgement of Rule Book & Bylaws

TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S): I hereby represent

that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release of the rule book & bylaws, on behalf of myself and/or organization.

Coach Signature: _____

Print Name: _____

League: _____

Date: _____

Team/Organization Name: _____

Pitch Count Limits and Required Rest Recommendations

It is important for our league to set workload limits for pitchers to limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of doing so. See required rest recommendations below.

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest	5 Days Rest
7-8	50	1-20	21-35	36-50	N/A	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+	N/A
11-12	85	1-20	21-35	36-50	51-65	66+	N/A

Ages (9-12)

(Typically, 46-50' Pitching Distance)

- Focus on athleticism, physical fitness, and fun
- Focus on learning baseball rules, general techniques, and teamwork
- Do not exceed 80 combined innings pitched in any 12-month period
- Take at least 4 months off from throwing every year, with at least 2-3 of those months being continuous
- Make sure to properly warm up before pitching
- Set and follow pitch-count limits and required rest periods
- Avoid throwing pitches other than fastballs and changeups
- Avoid playing for multiple teams at the same time
- Avoid playing catcher while not pitching
- Players should not pitch in multiple games on the same day
- Play other sports during the course of the year
- Monitor for other signs of fatigue
- Pitchers once removed from the mound may not return as pitchers
- No pitcher shall appear in a game as a pitcher for three consecutive days, regardless of pitch counts

BREC recommends all Youth Volunteer Baseball Coaches/Mangers to obtain the USA Baseball Coach "A" License to enhance our knowledge of baseball and continue to promote a safe environment for the children of East Baton Rouge Parish.

USA Baseball Coaches "A" Certification

Culture, Safety, and Awareness

Requirements to Obtain an "A" Certification:

- *Confident Baseball Coach Course*
- *Abuse Awareness Course*
- *Pitch Smart Course*
- *First Aid Course*
- *"A" Certification Code of Conduct*

Benefits of Obtaining an "A" Certification:

- *Further the game of baseball through yearly coaching education.*
- *Become a better coach through continual learning and development, both on and off the field.*
- *Create a better experience for baseball athletes through understanding leadership fundamentals.*
- *Promote a safe and positive environment for long-term development of athletes, both personally and athletically.*
- *Be able to better recognize and respond to health and safety issues and other instances of emotional and physical misconduct.*
- *Listed in the user search feature of the USA Baseball Develops website as a Certified Coach.*

Topics Covered:

- *Health and Safety*
- *Creating a Positive Environment*
- *Arm Safety for Pitchers*
- *Recognizing and Responding to Misconduct*

Coaches who have completed an "A" Certification have demonstrated the following:

- *Knowledge in ways to create a more positive impact on each of their players.*
- *Knowledge of general health and safety, including common baseball injuries.*
- *Knowledge of the importance of creating a positive atmosphere and keeping the integrity of the game.*
- *Understanding of how to recognize and respond to any misconduct, and how to create a safe environment for all players, coaches, parents, and umpires.*
- *Understanding and agreement with the principles of the Pitch Smart program and general arm care for pitchers.*

Cost:

- “A” Certification is **free of cost**. To begin your courses and complete your “A” Certification, click the button below.

GET STARTED

BREC recommends all Youth Volunteer Baseball Coaches/Mangers to obtain the USA Baseball Coach “A” License to enhance our knowledge of baseball and continue to promote a safe environment for the children of East Baton Rouge Parish.

Maximize Performance

Proper pitching mechanics

A description of proper pitching biomechanics can be found [here](#).

Relationship between pitch velocity, performance, and injury

High velocity can attract the eyes of college and professional scouts, however the relationship between velocity and performance in Major League Baseball is relatively weak. On the other hand, the relationships between increased velocity and increased elbow stress and elbow injury are strong. Pitchers should maximize their performance and safety by optimizing their mechanics and including a variety of off-speed pitches. Having more pitches in a player’s repertoire can help them to become a well-rounded pitcher, and potentially decrease the risk of injury associated with throwing high velocity fastballs.

Weighted ball throwing programs

Weighted ball throwing affects pitching mechanics and joint stress. Weighted ball programs may lead to increased pitch velocity but throwing heavier weighted balls might also increase the risk of injury. Because of the increased risk for injury, pitchers should be cautious about weighted ball programs. The best way to use weighted balls is to implement them as part of an overall pitcher training program. An overall program combines the workload from all throwing (bullpens, pitches in game, warmup throws, weighted balls, long toss, etc.). If you view weighted ball training as a “magic shortcut,” there is a high chance of injury.

Long toss and interval throwing programs

Flat-ground throwing is commonly used for training and rehabilitating baseball pitchers and position players. Flat-ground distances in throwing programs vary from pitching distance to maximum possible distance, can be “on a line” or with arc, and can be with or without crow-hop footwork. Ball velocity and elbow torque may increase as throwing distance is increased and in some situations are more than the magnitudes in actual pitching. However, such increases in ball velocity and elbow torque are not seen when flat ground throwing is without a run-up or is with a pitching motion. Pitching at reduced effort is also part of an “interval throwing program.” In general, pitching with 50% effort produces about 75% of maximum ball velocity and elbow torque, and 75% effort correlates to about 90% of ball velocity and elbow torque. It may be helpful to incorporate a radar gun with initial reduced effort throwing to better judge the “feel” of 50% effort.

Strength and conditioning for baseball pitchers

Total-body strength and quality movement patterns are crucial for pitching performance. Exercise prescription plays a major role in both. Exercising in multiple planes of movement builds the body's resilience to fatigue and thus can help prevent injury. An effective, balanced pitching development program should be designed following a few umbrella concepts:

- Ground-based, multi-joint movements are preferred over seated or machine-based exercises. Players should focus on body weight mastery and technique before adding external load.
- A focus on lower-body exercises in all directions (*e.g.*, forward, lateral, and reverse lunges) and inclusion of different types of standing single- and double-leg hamstring work should be considered.
- Unilateral exercises are encouraged over bilateral exercises (*e.g.*, pistol squat or rear foot elevated squat are superior to a bilateral back squat).
- Pull to press ratio (the ratio of pulling to pressing movements) is a preventative approach to maintain muscular balance and posture. The in-season recommendation is a 2:1 ratio (3:1 in the off-season) made up of 1 horizontal plane exercise (*e.g.*, inverted row), 1 vertical plane exercise (*e.g.*, lat pull down), and 1 pressing exercise (*e.g.*, dumbbell bench).
- Avoid exercises like *heavy* overhead press, bench press and bicep curls.
- Shoulder stabilizer muscles like the serratus and the rotator cuff muscles should be challenged with different types of light load and movements (*e.g.*, isotonic weights, tubing and even manual or partner exercises).
- Challenging the core in multiple directions with planks, side planks, glute bridges and medicine ball throws will ensure that the pitcher can use the whole body in an efficient manner.
- A comprehensive, balanced pitcher program also includes exercises that maintain joint health, function, and mobility. These exercises can include some end-range joint stretching/holding, breathing techniques, running mechanics, and conditioning activities.

Players should work with a Registered Strength and Conditioning Coach to create a balanced program with the above elements included.

Nutrition to maximize performance

Nutrition is a key element in the success of the athlete. It is the fuel for the movement of the body and the fuel for recovery from performance. A balanced diet supports muscle growth, healing from injury, a healthy immune system and more. Focus should be placed on a wide variety of wholesome foods from carbohydrates, proteins, and fats to meet energy demands placed on the body. In addition to maintaining a balanced diet, players should ensure to hydrate regularly, and should focus on water as their main method of hydration.

Risk Factors for Injury Overuse and fatigue

By far, the biggest risk factor for pitchers is overuse and fatigue. Compared to healthy teammates, adolescent pitchers who undergo elbow or shoulder surgery were 36 times more likely to have routinely pitched with arm fatigue. Pitching mechanics, such as hip-to-shoulder separation and forward trunk tilt, change as players become fatigued. Numerous studies have shown that pitching too many months, pitching too many innings, pitching too deep into games, violating pitch count recommendations and acute spikes in workload significantly increase the risk of injury. Pitchers should avoid pitching on consecutive days. Follow Pitch Smart guidelines to succeed and stay on the field.

Showcases

A showcase can be a terrific opportunity for young players to demonstrate their skills for college coaches and professional scouts. However, pitching in a showcase during the offseason can be particularly hazardous, especially if a pitcher does not have his arm in proper pitching shape. Pitchers should treat these appearances as they would any other game for purposes of daily, weekly, and annual pitch count limits. Furthermore, they should avoid the temptation to overthrow to light up the radar gun to make a favorable impression.

Throwing curveballs and sliders at a young age

Young pitchers who throw curveballs and sliders may experience more elbow or shoulder pain. However, field studies have not shown increased risk of elbow or shoulder injury with throwing curveballs. Furthermore, the curveball produces similar or even less force, torque and muscle activity about the elbow and shoulder than the fastball does. Hence, pitchers should learn good fastball mechanics and proper arm slot first before introducing breaking balls.

Pitcher-catcher athletes

At any level, a pitcher should not also be a catcher for his team as the combination of these two positions results in far more throwing than is required at other positions. Pitchers who also played catcher were three times more likely to suffer a major arm injury than pitchers who did not also play catcher.

Velocity

Injuries are more likely when there is more stress placed on the body. Higher velocity throws place more stress on the shoulder and elbow, and pitchers who throw with greater velocity than other players their age should be particularly careful to follow Pitch Smart guidelines. It is important that all players establish proper mechanics and throwing technique before trying to increase their velocity.

Mound height and pitching distance

Youth baseball pitching mounds vary from flat ground to 10-inch-high adult mounds. One study found less stress on the throwing arm when pitching from flat ground, but two other studies found no such difference. Both variations are thus likely acceptable. Pitching distance is another important consideration. In some communities' young players transition directly from 46-foot pitching distance to adult 60.5-foot pitching distance, whereas other communities include leagues with an intermediate distance (such as 50 or 54 feet). Shoulder force increases with pitching distance, so inclusion of intermediate pitching distance leagues while adolescent pitchers work up to the adult distance is preferred.

Single-sport (baseball) specialization

Many youths and adolescent players choose to not play any other sports and focus solely on baseball to improve their skills and to make themselves more competitive. However, focusing just on baseball year-round may increase the risk for injury. Several retrospective studies of professional baseball players have demonstrated that those players who specialized in solely baseball prior to high school have higher rates of injury. It is thus recommended that single-sport specialization be delayed at least until high school and preferably until college, although all athletes should maintain baseball-specific strength and conditioning in the offseason, such as maintaining shoulder range of motion as well as the strength and endurance of the muscles within the core and around the shoulder blade.

BREC YOUTH BASEBALL RULES & BYLAWS

EQUIPMENT, GAME LOCATION(S) AND FIELD SPECIFICATIONS

Playing Segment	Ball Type	Mound Distance	Base Path	Foul Line	Center Field	Game Location(s)
9U	Teams are required to supply their own balls for league play.	46'	65'	200'	200'	OAK VILLA and/or CENTRAL SPORTS PARK
10U	Teams are required to supply their own balls for league play.	46'	65'	200'	200'	OAK VILLA and/or CENTRAL SPORTS PARK
11U	Teams are required to supply their own balls for league play.	50"	70'	250'	250'	OAK VILLA and/or CENTRAL SPORTS PARK

GAME STRUCTURE

Playing Segment	Game Length	Innings	Extra Innings	Max Runs Scored Per Inning	Visits to Mound Per Inning Before Pitcher is Removed from Mound	Run Rule
9U	1 hour 30 mins	6	None	N/A	2	10 runs after 4 innings; 3 ½ if the home team is ahead
10U	1 hour 30 mins	6	None	N/A	2	10 runs after 4 innings; 3 ½ if the home team is ahead
11U	1 hour 30 mins	6	None	N/A	2	10 runs after 4 innings; 3 ½ if the home team is ahead

League games shall be six innings maximum. **No inning shall begin after 1 hour 30 minutes. If a tie exists after six innings of play, or at the end of regulation time, the game will remain a tie. *THERE WILL BE NO EXTRA INNINGS DURING THE REGULAR SEASON.***

GAME TIME

- Games can begin with 9 players, the Official, Recreation Manger, and/or Center Supervisor will determine a forfeited game.
- We suggest teams should be at the game site 45 minutes before game time. Games can start 30 mins ahead of time if both teams are present.*
- Team Line-Ups. Team line-ups are due to the official scorer fifteen minutes prior to the scheduled game time. If the line-up is not in place by game time, a forfeit will result. **This is the responsibility of the coach/captain of each team.**

GOVERNING RULES

Games shall be played under the official Louisiana High School Athletic Association/USSSA Baseball Rules and/or specific changes for local situations as follows.

PLAYER/TEAM ELIGIBILITY

- A. The number of players to be signed and carried by each team shall not exceed **12** players, nor be less than **10** players per team.
- B. Each player must be on their roster to be eligible for play.
- C. Registration fee for the league is **\$135 per player** and must be turned in to BREC's Athletic Department with the complete team packet by the deadline date established each season. Schedules will be listed on www.webtrac.brec.org under Leagues Search and your Age division.
- D. Coaches must turn in a completed player contract for each player with a team roster attached.
 - 1. In case of an age eligibility question the coach must be able to present an original birth certificate within **72 hours**. If the original is not presented the player will automatically be suspended until the birth certificate is produced.
- E. Players will not be permitted to sign with a team after the deadline date (**After the fourth (4) scheduled playing date**) established yearly.

All Non-athletes/coaches are responsible to see that their team meets all eligibility requirements. If a player is found to be ineligible prior to the start of a sanctioned competition, the player will be expelled from the competition and the team will continue. If a player is found to be ineligible after the competition has started, the player will be expelled from the competition and the team will forfeit all games in which the ineligible player was listed on the official score sheet. The team may continue to participate, if applicable, without the expelled player.

F. Players will be allowed to play in more than one (1) BREC league within the Youth Baseball program, but **players may not play on more than one team per league per season**. *Example: BR Heat organization has two organizational teams in (12-13) (Recreational & Premier). The Heat wants Peter to play in the Premier and Recreational divisions for more training, in the same (12-13) division. BREC Athletics Department will not grant this to the organizations due to competition of play. No Premier player can play in a Recreational division of the same age within a given season, if listed on a premier roster during the season.*

G. All games in which an ineligible player has played will be **forfeited**.

H. Additions to the roster must be in by **Friday before 12:00 noon to play the next week**. No additions except for hardship will be taken after the fourth (4) game of the season.

I. Players of younger division age may play/participate in older divisions, but an older division age player may not play in the younger divisions.

J. Player Post-Season Eligibility: Any player on your roster must play in at least **2 regular season games** of their scheduled league games for the regular season. If not, he or she will be deemed ineligible for any post-season games.

K. If a team has an out of state tournament scheduled on Saturday and/or Sunday conflicts with BREC scheduled baseball game(s), it shall be permitted, by mutual agreement of the opposing coach/manager/organization, to reschedule the baseball game(s) on a weekday during the same week provided it is not a league tournament game. If it is a league tournament game, it shall require approval of both BREC Athletics and the opposing coach/manager/organization to reschedule the game on an earlier date. In either case, the opposing coach/manager/organization shall be allowed to honor this playing date change without penalty.

General Baseball Rules

RULE 3.00 – INDIVIDUAL PLAYER & TEAM ELIGIBILITY

3.01 Age Based with Grade Exceptions Divisions:

9U Division

Players who turn 10 prior to May 1 of the current season are not eligible unless they are in the 3rd grade. Also, any player turning 11 prior to August 1 will not be eligible. Players who are 9u are eligible for this division regardless of their grade.

10U Division

Players who turn 11 prior to May 1 of the current season are not eligible unless they are in the 4th grade. Also, any player turning 12 prior to August 1 will not be eligible. Players who are 10u are eligible for this division regardless of their grade.

11U Division

Players who turn 12 prior to May 1 of the current season are not eligible unless they are in the 5th grade. Also, any player turning 13 prior to August 1 will not be eligible. Players who are 11u are eligible for this division regardless of their grade.

12U Division

Players who turn 13 prior to May 1 of the current season are not eligible unless they are in the 6th grade. Also, any player turning 14 prior to August 1 will not be eligible. Players who are 12u are eligible for this division regardless of their grade.

3.01.A

In case of an age eligibility question the coach must be able to present an original birth certificate within 72 hours. If the original is not presented the player will automatically be suspended until the birth certificate is produced. Upon protest, failure to have a photocopy of the original birth certificate immediately available upon demand shall result in the offending team losing the game(s), being ejected from the league, being placed last in the standings, and forfeiting all awards, points, and berths that would have been or have been awarded.

3.01.B All grade-based players must have a copy of their birth certificate, current report card, or official school ID with grade, or any official government document stating the grade on hand. BREC does not hold any sensitive documentation and it is the responsibility of the coach/manager to produce the evidence needed.

3.02 A player that is found to be illegal due to an age or grade violation during or after a league game, shall result in the offending team losing the game(s) team and player being ejected from the league, team being placed last in the standings and forfeiting all awards, points, and berths that would have been or have been awarded. The illegal player shall be removed from the offending team's Official Roster and additional penalties may be applied to the illegal player and / or team manager / coaches.

3.03 A player shall be eligible to compete in the BREC Baseball program as long as he abides by the BREC Athletics rules and the Official Baseball National By-laws & Rules when his first name, last name (no middle names, nick names, shortened names, slang names, initials, prefixes or suffixes are allowed) and date of birth (in proper format – mm/dd/yyyy) are listed EXACTLY as they appear on 3 his original birth certificate, as a member on an eligible team's Official Roster. Failure to comply with this rule shall result in your team being prohibited from participating in BREC.

3.04 A player who is in violation of the BREC Athletics Rules or the Official Baseball National By-laws & Rules shall be an illegal player.

3.04.A A team with a player found to be illegal due to age, grade, or class violation, anytime during the BREC event, will be deemed ineligible. The team WILL be disqualified and put in last place. The manger could face suspension.

3.04.B Any team in violation of any roster rules WILL be disqualified from their current event and be placed in last place. The manager could face suspension.

3.04.C A player found to be playing on multiple teams in the same weekend, both teams WILL be disqualified and put in last place. The player, parents and managers could face suspension

3.04.D An ineligible player is any player not listed on the official roster (when rosters are required), or a player with name listed incorrectly on the official roster. All players must be listed on a team's roster correctly prior to their first game or prior to the event's deadline to add players. Penalty: Any ineligible player MAY cause the team to be disqualified and put in last place. Each case will be looked at by BREC Adminstration to determine if the player is ineligible.

3.05 Player Roster Eligibility:

3.05.A Players shall only appear on one (1) Official Roster.

3.05.B Players can play for more than one physically team per day, event, tournament, week, or weekend, regardless of location, venue, age division and / or classification but the player can only pitch in once per day.

3.05.C Once a player has been rostered for the season, they may not be added to a team in an higher age group but it will have to happen before the fourth game of the season.

3.05.D Once a player is released from a roster, they may not be added back to that roster without BREC Athletics approval. All removals need to be emailed to athletics@brec.org.

3.06 Team Eligibility:

3.06.A No team shall be allowed to compete in any YBBR Baseball program without first paying their team registration fee to BREC Athletics.

3.06.B All teams shall maintain an Official Roster.

3.06.C Team rosters for age divisions 9U – 12U shall be composed of not more than twelve (12) players.

3.06.F The team manager shall be responsible for all aspects of eligibility of the players and the information of the players contained on the team's Official Roster pursuant to these rules. This includes but is not limited to age eligibility, classifications of previous teams the players may have participated on, legal names of the players, and correct dates of birth of the players.

3.06.F.1 The intentional or unintentional act of adding ineligible players to the team's Official Roster shall be grounds for team manager suspension and disqualification of the team.

3.06.F.2 The intentional or unintentional act of incorrectly spelling a player's name on the team's Official Roster shall be grounds for team manager suspension and disqualification of the team.

3.06.F.3 The intentional or unintentional act of incorrectly entering a player's date-of-birth on the team's Official Roster shall be grounds for team manager suspension and disqualification of the team.

3.06.G BREC Athletics shall have the authority to approve or reject all players contained on a team's Official Roster BREC Athletics approval of a team's Official Roster shall not release the team manager of his responsibilities pursuant to these rules.

RULE 7.00 – RULES OF PLAY

7.01 Playing Field, Equipment & Safety:

7.01.A The playing field shall be laid out according to the recommended dimensions contained within these rules. (Chart 7.01.A-1)

7.01.B For details on field layout including recommended direction of play, fair and foul territory requirements, infield and outfield grades, pitcher's mound height and slope, batter's and catcher's box dimensions, and base and home plate size and construction should be referred to the Official Rules of Baseball as published by Major League Baseball on MLB.com. Safety bases are allowed to be used when available.

7.01.C All bats for age divisions 12U and younger must be permanently stamped with the new USSSA 1.15 BPF Mark (Chart 7.01.C), or BBCOR.50 Certified Mark or made of wood and manufactured by a licensed USSSA manufacturer.

7.01.D.1 All 12U players must use a maximum drop 8 (-8) bat with the official USSSA 1.15 BPF Mark permanently stamped.

Rule 7.01.D Penalty: (First Offense) – If the Umpire discovers that a bat does not conform to YBBR Rule 7.01.C until a time during or after which the bat has been used in play, it shall not be grounds for declaring the batter out and/or ejection from the game. If the Umpire discovers that a bat has been used to put a ball in play and before the next legal pitch, the defensive team shall have the choice of the result of play, or the batter being called out and all runners returning to the base occupied at the time of the pitch. **(Second Offense)**–If a team is found in violation of this rule a second time, then the manager shall be ejected in addition to the First Offense penalty.

7.01.E Any bat permanently stamped with the official USA Baseball logo is legal to use in any YBBR baseball games, except were BBCOR is required. In all 12U Events all Players and all Teams must use a max drop of 8 (-8).

7.01.F Protests on uniforms shall not be allowed. It shall be the League / BREC Director's responsibility regarding uniform legality. Violation of the uniform rules shall result in the violator being allowed to immediately conform or be removed from the game. Managers and coaches may wear athletic type gear.

7.01.G In age divisions 9U – 12U, non-metal cleats shall be always worn.

7.01.G The catcher shall wear all appropriate protective gear including a catcher's helmet with facemask and either a built-in extended throat guard or a separately attached throat guard, chest protector, shin and / or leg guards, and protective cup.

Rule 7.01.H Comment: In all age divisions 12u and below, the catcher's helmet shall fully cover both ears.

7.01.H All offensive players shall use a double ear-flap batting helmet whenever at bat, on deck, on base or any other time outside of the dugout and the ball is live and in play.

7.01.J Bat / ball boys / girls under the age of eighteen (18) shall not be permitted or allowed in the dugout, if the child is not participating in the YBBR league.

7.01.K All Playing equipment shall not contain undue commercialization of the product.

7.01.L The Ball. YBBR/BREC **does not provide baseballs**, but baseballs must have a USSSA Mark, must weigh between 5 and 5.25 ounces, must have a circumference of between 8.95 and 9.25 inches, have a COR of between .5 and .555 and have an ASTM standard compression of between 200 and 350 pounds. Molded balls without a traditional cover will be allowed in USSSA play but will require at least 6 weeks of field testing by USSSA and written approval of USSSA in advance of applying the USSSA Mark to such balls, which written approval may add additional performance/design requirements not otherwise applicable to other USSSA licensed balls.

7.01.M The use of one way Electronic Signaling devices is permitted to be worn by all players.

7.02.D Approved Team Line-ups:

7.02.D.1 Teams may bat a nine (9) player line-up, or a nine (9) player line-up with a Designated Hitter (DH), or a ten (10) player line-up with an Extra Hitter (EH), or a 10-player line-up up with a DH and EH, or a continuous line-up of all present, eligible, uniformed players. Such line-up must be declared before the start of the game and used the entire game. A Designated Hitter (DH) can be used for ages 9u thru 12u.

7.02.D.1(a) If a team uses a line-up that contains substitute players, all starting players may be removed and re-enter the game once but must re-enter in their original position in the batting order. Non-starters are not allowed to re-enter. When a starter re-enters, the player in the starter's batting position in the batting order must be removed from the game and is ineligible for the remainder of the game.

7.02.D.1(b) If a team uses a line-up that contains ten (10) players, the player in the Extra Hitter position has free defensive substitution.

7.02.D.1(c) If a team uses a continuous line-up, all players other than the nine (9) defensive position players are Extra Hitters and may move freely in defensive positions apart from the pitching position. Any player(s) arriving after the game has begun, shall be added to the bottom of the batting line-up. When using the continuous lineup and a player must leave the game for any reason, that position in the line-up becomes an out when that at bat comes around.

7.02.E Designated Hitter playing rules:

7.02.E.1 The DH can bat for any defensive player (not just the pitcher, as in some leagues).

7.02.E.2 The DH would normally bat for one player and any of that player's substitutes on defense for the original player.

7.02.E.3 The DH must be listed next to or under the player he is batting for in lineup.

7.02.E.4 The DH and the player he is batting for are both locked into the same batting slot; neither of these two players can ever bat in another batting position.

7.02.E.5 If the DH enters the game on defense, the player he was batting for must come out of the game.

7.02.E.6 A replaced DH can re-enter the game one time since he was considered a starter. The defensive player being hit for can also re-enter the game one time if subbed for. Both must always stay in the same batting spot.

7.02.E.7 The DH role for a team is terminated for the rest of the game if:

7.02.E.7(a) A replaced DH re-enters the game on defense (the acting DH is disqualified from further participation).

7.02.E.7(b) The player for whom the DH was batting pinch hits or pinch runs for the DH.

7.02.E.7(c) The DH assumes a defensive position.

7.02.G Teams may play an official game with an eight (8) player line-up. If a team plays with an eight (8) player line-up, an out shall be declared for the ninth (9th) position in the batting line-up each turn at bat. A ninth (9th) player and all subsequent players may be added to the bottom of the batting line-up as soon as they become available.

7.02.H A team may continue a game with a minimum of eight (8) eligible players.

7.03 Starting and Ending a Game:

7.03.A A regulation game consists of six (6) innings for age divisions 9U – 12U.

7.03.C If a game is called due to rain, Weather, light failure, or other acts of Nature and cannot be resumed it is a regulation game if:

7.03.C.1 For a six (6) inning game, if three (3) innings have been played or if the home team has scored more runs after two and one half (2 1/2) innings the game shall be declared a complete game.

7.04 The Batter, Batter Runner & Runner:

7.04.A An Intentional Walk may be issued upon announcement from either the pitcher or catcher without throwing pitches.

7.04.B 7.04.B.1 At any time, the offensive team may use a courtesy runner for the pitcher and catcher of record from the previous inning on defense. The courtesy runner must be a player not presently in the line-up. If there are no substitute players available, the courtesy runner shall be the player making the last batted out.

7.04.B.2 If Pitcher or Catcher get out prior to an out being recorded in the 1st inning, and there are no substitute players, the courtesy runner shall be the batter furthest from coming back up to bat in the line-up that is not the Pitcher or Catcher of record. In all other innings, the courtesy runner is the last batted out and if no outs have been recorded, it will be the last out from the previous inning.

7.04.B.3 The re-entry status of the courtesy runner, pitcher, and catcher shall not be affected by this rule. If at any time while the courtesy runner is still on base, if determined to be ineligible, a proper replacement pursuant to these rules shall be used without penalty.

7.04.C Whenever a tag play is evident, a runner must slide or seek to avoid contact with the fielder and / or catcher. Malicious contact shall supersede all obstruction penalties. Malicious contact is solely up to the discretion of the Umpire. Rule

7.04.C Penalty: The runner shall be called out and may be ejected from the game at the discretion of the Umpires.

7.04.D A runner who jumps over a player will be called out whether contact is made with the defensive player.

7.04.E A dead ball appeal can be appealed directly to the umpire, without the Pitcher throwing to the appealed base. Only one dead ball appeal is allowed on any play.

7.05 **The Pitcher:**

7.05.A A player removed from the pitching position (starting pitcher or subsequent relief pitcher) may not return to the pitching position for the remainder of the game. The defensive team may correct this rules infraction at any time by substituting a legal pitcher without penalty. If an illegal pitcher is permitted to pitch, any pitch or play those results is legal. The rule violation should be caught by the Umpire or the offensive team and immediately corrected. If the violating pitcher has legal innings remaining, the violation is deemed an improper substitution and is corrected without penalty. If the violating pitcher has no legal innings remaining, it is deemed a pitching limitations violation pursuant to YBBR Rule

7.05.B.1 See MLB Pitch Smart grid for pitch count limitations during league play.

Enforced Pitching Limitations

All BREC Youth Baseball games will strictly follow the Pitch Smart guidelines.

Pitching Limitations

<http://m.mlb.com/pitchsmart/pitching-guidelines/>

Enforcement of the Pitching Limitations

- Pitch counts will be tracked via Scorebook
 - Teams are encouraged to keep their own pitch counts of both teams' pitchers
 - If a pitcher is in question, it will take a protest, during the game and while the pitcher is throwing, to decide if he is legal or not.
 - Once a pitcher reaches his daily maximum limit, he must be removed from the game.
 - *If a pitcher reaches the maximum limit of pitches in a game during a batter's plate appearance, the pitcher may continue in the game until such plate appearance or the inning ends (i.e. by a third out made by catching a runner stealing), whichever comes first. There is no team penalty for this, but the pitcher must adhere to prescribed pitch counts for the remainder of the event.*
- BREC Umpires and/or Staff will try to remind the coaches when a player is 20 pitches from his daily limit, and when he reaches the daily limit that he must be removed. If a pitcher throws a pitch in a game sooner than the mandatory days' rest,*

he becomes an illegal player. If the opposing Head Coach protests the illegal player, the game will be deemed a forfeit. Head Coaches are responsible for knowing the mandatory days rest for their pitching staff.

Scoring

We recommend that all teams (home and visitor) keep a scorebook on use Gamechanger for games. The actual scorebook of the game will be kept by BREC Athletics staff, in case of emergency where staff cannot keep book the home team will be the official scorer. To eliminate scoring disputes scorekeepers should check with the official scorer during and after the game.

LEAGUE AWARDS

The league champion and runner-up in each division will receive individual medals for each player. League champion team trophy/rings will also be presented to the division winners.

In the event of a tie in the standings between two or more teams, head-to-head will break a tie and/or point differential, if not applicable. BREC Athletics will decide seeding for teams in playoffs. It will be on BREC Athletics Department discretion, if any team and/or team(s) are granted a play-in game for tied teams, within any division and/or league.

OFFICIALS

All officials/umpires will be furnished and approved by BREC. No PAP is allowed.

All games will be played at the ball field indicated on the schedule. Games will be played as scheduled.

COACHES

There is a maximum of three (3) approved coaches in dugouts with the players per game. No Spectators, Kids, or Parents allowed in the dugouts.

UNIFORMS

Every team will be required to have matching t-shirts/jerseys, baseball pants and a cap, with 6" hot pressed number on the back of t-shirts/jerseys. Teams will need to have a home and away t-shirt/jersey for competition. T-shirts/jerseys must be tucked in, and no shorts or sweats with pockets or outside drawstrings will be allowed for play. A team will forfeit if they do not have the minimum players in proper attire. **No "do-rags". No flip flops or opened toed shoes. Uniform violations will result in a player being deemed ineligible for the game.**

“Home team” players shall wear white jerseys and “visiting teams” players shall wear dark-colored jerseys in games.

ILLEGAL EQUIPMENT

A player wearing illegal equipment shall not be allowed to play. Types of equipment that shall be declared illegal include:

- Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots, such as bandanas.
- Shoes with metal, ceramic, screw-in, or detachable cleats.
- Jerseys that have been altered in any manner which produces a knot-like protrusion. E. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges.
- Towels may not hang from a participant’s waist.
- Stickum of any kind (on body, gloves, or ball)

Penalty: Ineligible until removed.

CONDUCT RULES

We ask that you always maintain a positive approach throughout the league and adhere to the following guideline:

Game officials shall have the respect and support of the coach. The coach shall not indulge in conduct which will incite the players or spectators against the officials. Public criticism of the officials or players is unethical

The coach should respect his opponents, display gracious behavior during competition and require his players to conduct themselves in similar fashion. Before and after the contest, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.

Coaches shall actively use their influence to enhance sportsmanship by spectator.

PLAYER BEHAVIOR

Any coach, or player verbally or physically abusing a game official, opposing player, or any other individual, will be ejected from the game and must leave the facility immediately. Any player refusing to leave will cause his team to forfeit the game. In the case of physical abuse or extreme unsportsmanlike conduct, additional disciplinary action can/will be taken by BREC’s Athletic Department including but not limited additional suspensions and/or removal from the league. **COACHES WILL BE HELD RESPONSIBLE FOR THE ACTIONS OF THEIR TEAM MEMBERS AND FANS.**

SUSPENSIONS

A player who is ejected from a game will be required to leave sight and sound of the facility within **2 minutes**. If a player fails to leave after an ejection, the game will be forfeited by the umpire. Managers should see that your player leaves promptly. If any player is ejected from the game, he/she shall be automatically suspended for a minimum of one game, additional punishment could be handed down pending review by BREC staff. If the player is ejected a second time, he/she will be suspended for the remainder of the season, or if circumstances so warrant, be suspended from participation in any program and/or facility of BREC indefinitely, pending review by staff

EJECTIONS

All ejections carry a mandatory suspension of the next scheduled game. If a player is ejected twice (2) within one playing season, they are not allowed to participate within the playoffs or league for the next year until player's parent/guardian and coaches have contacted Athletics Department for a hearing on the matter.

PROTEST

All protest must be made on site prior to play resuming. Only the Head Coach can confer with the umpires. Protest must be lodged only for misinterpretation of rules. Protest must be lodged properly in writing and must be submitted to Athletic Department within two working days (Mon.-Fri.) after protested incident.

RETURNED CHECKS

Teams will be eliminated from any further league play for non-payment of league fees.

FORFEITS

- The field supervisor's or umpires watch represents the official time. Any time eight (8) players are on the field; the game must start.
- Teams with fewer than eight (8) players **after the start time for game**, will be given a forfeit.
- **The score of a forfeited game will be 7-0.**
- In the event of a double forfeit each team will be credited with a loss with the score being recorded as 0-0.
- Forfeit Limits: A team which exceeds its maximum limit may be dropped from the league without a refund.
- Maximum limits:
 - Teams which play one game per week1 forfeits within the playing season
 - Teams which play two games per week2 forfeits within the playing season

REFUND POLICY

No refunds and/or household credit will be given unless a league has not played 50% of league games before the league is cancelled. **All refunds and/or household credits will be determined by the Athletics Department discretion.** If rule violations result in a team being removed from the league, the following refund formula will be used.

- Teams expelled between the date of registration and the beginning of their leagues first game **will forfeit 100%** of their registration fee.
- Teams expelled after the start of their first game **will forfeit 100% of fee.**

RAIN MAKE UPS

In most cases, teams will receive at least one week notice of schedule changes.

In emergencies, teams may be asked to play with less notice.

Managers will receive a rain make-up schedule through www.webtrac.brec.org under Leagues, upon games being rescheduled.

ROSTER CHECKS

BREC staff reserves the right to randomly check team rosters for player validity. The manager is responsible for keeping up-to-date team roster records. This practice can eliminate any question as to whether a team member is eligible to play. Players must present BREC staff with a form of photo identification upon request. Any player or team information which is not correct on a team's roster, and/or the use of illegal or ineligible players will result in league discipline.

PLAY-OFFS

Play-offs will consist of the top four (4) to six (6) teams from leagues. The number of playoff participants will be on the discretion of BREC Athletics Department.

Injury, Bleeding or Open Wound:

A player/substitute, manager, coach, trainer, or other team member or sports official who is bleeding or who has an open wound shall be prohibited from participating further in the game until the bleeding is stopped and the wound covered.

1. If treatment can be administered in a reasonable amount of time the individual would not have to leave the game. The length of time that is considered reasonable is umpire judgment.
2. If excessive time is involved, the re-entry rule would apply to players.
3. If there is an excessive amount of blood on the uniform/bandage must be changed before the individual may participate.

Concussion Protocol:

Any player that exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not be returned to play.

Communicable Disease Procedures:

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing potential or transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.

3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all blood contaminated surfaces and equipment with a solution made from proper dilution of household bleach (CDC recommends 1-100) or other disinfectants before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles contain body fluids.

The referee shall not permit any team member to participate if in his/her judgement any item constitutes a safety concern, such as, but not limited to, a player's fingernails or hairstyles.

BREC reserves the right to re-evaluate the rules and place improvements in place for any current rules and/or violations. BREC reserves the right rule on any items not covered in the document and to expand the rule basis. Rules that are not covered in the BREC rules and operating code, will automatically defer to Perfect Game and/or USSSA Baseball rules and procedures.