

Sports Mission and Purpose

To provide exceptional community-based Athletic programs for all ages by providing quality service to all participants while offering a safe and well-maintained environment where our customers can gather for a fun and enjoyable experience.

Sports Goals

- Learning fundamental and basic sport-specific skills and establishing building blocks for overall improvement.
- Teaching the value of teamwork and becoming an effective member of a team.
- Teach sportsmanship and fair play by emphasizing proper treatment of teammates, coaches, opponents, and officials.
- Create opportunities for the community members of Dacono, Frederick, and Firestone to connect and build relationships and friendships through sports programs.

Code of Conduct

As a coach, player, parent, or spectator at a Carbon Valley Parks and Recreation District (CVPRD) I understand:

1. Verbal abuse, physical abuse and/or altercation, harassment, and/or unsportsmanlike behavior towards an official, player, spectator, supervisor, or CVPRD staff member is not tolerated.
2. All coaches, players, parents, and spectators will abide by the official's decision. The official's decision and/or calls are not arguable. If you have a concern regarding the officiating, contact CVPRD Staff.
3. **Smoking/vaping/chewing tobacco and alcohol are prohibited at all CVPRD programs, activities, and facilities; at SVVSD facilities, and at parks and facilities in the Town/City of Firestone, Frederick, and Dacono unless otherwise noted.**
4. Any coach, player, parent, or spectator ejected from the game must leave the playing facility/area immediately upon request. Refusal to leave is considered trespassing and law enforcement will be called to assist in removal.
5. The zero-tolerance policy is in effect at all CVPRD sports events.

Zero Tolerance Policy

Officials, game supervisors, and CVPRD Sports Staff have the authority to reprimand any player, coach, spectator, or team if code of conduct is violated.

Penalties will range from:

- Warning
- Ejection from game
- Suspension from future games
- Forfeit of the game or season
- Law enforcement called

CVPRD Coordinators will handle disciplinary procedures on a case-by-case basis.

By receiving this form, you agreeing to the CVPRD Code of Conduct

Baseball Rules

Rules follow NFHS Rules unless otherwise modified by league. - Revised April 2025

Player's Equipment

Mandatory Equipment:

- League-provided jerseys & hats
- Athletic pants or baseball pants
- Glove
- Footwear – tennis shoes or soft-cleated baseball shoes without a toe cleat

Prohibited Items:

- Jewelry of any sort, including earrings, necklaces, and watches

Conditionally Permitted Items:

- Religious medals or medical tags taped to the body
- Splints, casts, braces, or other joint support devices, which, in the umpire's opinion, are not inherently dangerous or are padded with pliable materials to eliminate the dangerous condition
- In cold weather, players may wear athletic pants or long sleeves under the jersey. Knitted stocking caps and gloves are permitted during adverse weather conditions

Umpires

- A Parent/coach or assistant from both teams shall serve as umpires and **are** permitted on the field though not required.
- All rule infractions shall be briefly explained to the offending player.

Number of Players

- Minimum number of players to start a game shall be 7
- Maximum number of players on the game field shall be 10
 - The 10th player may not assume an infield position.
- Recommended number of players on the roster shall be 10-12

The Field

- Base distance shall be 50 feet
- Pitching distance shall be 30 feet
 - Pitcher's line is 5 feet in length

The Equipment

- Bats: (-13) Stamped with the official USA or USSSA
- Balls: Level 5 Softie Baseball
- Helmets: Recommend all players purchase a batting helmet.

Start of Play

- Home team will take the 1st base dugout and start in the field
- Away team will take the 3rd base dugout and start batting

Method of Scoring

- Each team should keep their own batting line up.
- Each team should keep their own defensive line up.
- No score is kept at this age

Coach Pitch (age: 7-8)

Rules of the Game

1. Game Duration:

- 1 hour and 15 minutes or 6 innings (5 1/2 if the home team is ahead), whichever comes first.
- In case of bad weather, light failure, etc. three (3) complete innings will constitute a complete game **or** if one hour has elapsed.
- 5 runs per inning – regardless of who is winning, no mercy rule in effect

2. Playing Time:

- **Equal Time:** All players get equal playing time.
- **Infield Play:** Each player must play at least one inning in the infield per game. If the game is shortened, they will start in the infield next game.
- **Safety Concerns:** Coaches should inform the umpire and opposing coach if a player is unsafe to play in the infield.
- **Sitting Out:** No player sits out more than 2 innings in a row, except for discipline, injury, or ejection. Every player must sit out one complete inning before any player sits out a second time.

3. Pitching Rules

- **Maximum Pitches:** Each batter gets up to 4 pitches.
- **Tee Attempts:** If the batter doesn't hit the ball after 4 pitches, they get 2 tries using a tee.
- **Pitch Count:** All pitches count towards the total, including balls, foul balls, missed pitches, and pitches not swung at.
- **Coach on Infield:** Only the coach pitching is allowed on the infield.
- **Game Flow:** To keep the game moving, a coach or assistant should stand behind the catcher to return missed pitches and place the ball on the tee.

4. Turn at Bat:

- A team's turn at bat is completed when any of the following occurs:
 - 3 outs made or 5 runs scored

Substitutions

- Defensive substitutions can be made at any time
- Batting order is a continuous lineup of all present players
- If a player arrives late, they will be added at the end of the lineup

Category	Rule – Coach Pitch Quick Rules
Game Duration	• 1 hour 15 minutes or 6 innings (5 1/2 if home team is ahead)
	• Complete game: 3 innings or 1 hour elapsed
	• Suspended game resumes from point of suspension
Playing Time	<ul style="list-style-type: none"> • Equal playing time; 2 inning in infield per game • 10th player may not assume an infield position
Pitching Rules	<ul style="list-style-type: none"> • Maximum Pitches: Each batter gets up to 4 pitches. • Tee Attempts: If the batter doesn't hit the ball after 4 pitches, they get 2 tries using a tee.
Turn at Bat	• Completed when 3 outs made or 5 runs scored

Practice Drills/Helpful Links

If you need some tips on where to begin coaching and what material is useful to know there are links below that are helpful with the basics of Softball. There are some great tips on safety, skills, how to handle parents, and more.

- <https://www.littleleague.org/university/articles/the-little-league-coach-pitch-program/>
- <https://www.littleleague.org/play-little-league/tee-ball/>
- <https://www.littleleague.org/university/articles/little-league-tee-ball-program/>
- <https://www.littleleague.org/downloads/tee-ball-program/>

Coach Pitch Practice Template

To make practice sessions fun and engaging, avoid having players stand in lines or idle, as this can lead to loss of attention and enjoyment. Instead, use stations to optimize player engagement and keep everyone actively involved.

90-Minute Template

1. Introduction (3 minutes): Welcome and review names.
2. Stretching and Warm-Ups (7 minutes): Run, stretch, and do jumping jacks.
3. Baseball Grip (15 minutes): Learn and practice gripping the baseball.
4. Catching and Throwing (20 minutes): Practice catching and throwing techniques.
5. Break (3 minutes): Short rest.
6. Hitting (20 minutes): Practice batting stance and swings.
7. Base Running (7 minutes): Run from home to 1st base.
8. Fielding (15 minutes): Practice fielding techniques.
9. Conclusion: High fives, review, and reminders.

60-Minute Template

1. Introduction (3 minutes): Welcome and review names.
2. Warm-Up (10 minutes)
 1. Throwing and Catching Basics (10 minutes)
 2. Fielding Ground Balls (10 minutes)
 3. Batting Practice (15 minutes)
 4. Base Running (10 minutes)
 5. Cool Down and Team Talk (5 minutes)