

AYLMER PIRATES



13U Parent Guide

Rev: May 18, 2023 Rev 2

2023 Team Lists

East Elgin Realty Dodgers	
Coach: Kristin Weber	
Seth	Morrison
Rayna	Dyck
Danielle	Lockyer
Jackson	O'Brien
Liv	Phillips
Quinlan	Van Velzer
Noah	Wilton
Jamieson	Weber
William	Douglas
Edward	Neusteter
Cameron	Bokma
Lucas	Crabe
Colt	Olver
joshua	Vandermaarel

Todd McConnell Plumbing Cubs	
Coach: Mike Holmes	
Nicholas	Deane
Brayden	Nichols
Kaleb	Charette
Tristan	Bergen
Caelum	Bergen
Brody	Smith
Weston	Underhill
Hudson	Dyck
Cale	Holmes
Logan	Gregory
Andrew	Siemens
Liam	Wall
Luke	Riley

****13U is played on Monday's at 6:00pm at Optimist Park starting May 29, 2023.**

Introduction

Welcome to Aylmer Minor Baseball's combined 13U program. This is a non-competitive, recreational program with an emphasis on teaching the fundamentals of baseball, having fun and stressing good sportsmanship.

Each session will be approximately 90 minutes in length and will consist of practice time and games.

Player Equipment

Players require the following equipment:

- Baseball pants
- Baseball glove
- Cleats or running shoes
- Athletic support
- Water bottle

AMBA provides a jersey and ball cap. Shared helmets and bats are available but players are more than welcome to bring their own. Please ensure you label your hat, baseball glove, water bottle and any other personal items with your player's name.

Field Equipment

The game is played on a regular diamond with regular baseball equipment. The intent is for this division to be entirely player pitch but depending on the caliber of hitters and pitchers the pitching machine may be utilized for short periods.

The following equipment will be given to each team or made available at each session:

- Bats (not exceeding 2 ¾ diameter)
- Bases
- Hitting tee's
- Helmets
- Baseballs
- Catchers equipment
- Assorted training equipment
- Pitching machine
- Electrical cord

The Game

Most of the standard 13U Rules published in the 2023 Baseball Ontario Constitution and By-Laws manual shall apply with some exceptions. The main rules and exceptions are as follows.

Pitching Machine

- Pitching machine if utilized is placed a distance of 50 feet from home plate.
- An 8ft diameter safety circle shall be marked off around the pitching machine. No player shall enter this safety circle. Any ball that lands inside the safety circle shall be declared a dead ball and will be retrieved by a coach.
- The pitching machine can be altered only at the end an inning. Machine speed should be set to a maximum of 45mph and a minimum of 35mph. Height can be adjusted at any time.
- A ball that contacts the pitching machine will be called dead. The hitter will be given first base and each base runner will advance to the next base.
- One offensive coach will be required to feed balls into the pitching machine. This coach must avoid the live play and must not make contact with a hit ball or any defensive player.

Pitching

- The pitcher shall pitch from a distance of 50' from home plate.
- A pitcher may not pitch more than 80 pitches on a calendar day.
- Trips to the mound by a coach are unlimited but cannot be for the purpose of delaying a game which will be determined by the umpire.
- Intentional delay of game will result in removal of the pitcher.
- Once a pitcher is pulled from the game they game cannot pitch again for that game. The pitcher may continue the game at any other position except catcher.
- Standard OBA rules apply.

Hitting

- The batting order will be determined prior to the start of the game and will not change during the game. The batting order should be rotated each game to ensure each player gets to hit at the top of the batting order.
- Regular baseball pitch count of 4 balls and 3 strikes applies. A player cannot run on the third strike if it is dropped by the catcher. A foul ball does not count as a third strike.
- Batters must not throw the bat (intentional or unintentional) upon hitting the ball. After a thrown bat the play will be called dead. Players will receive one warning and a chance to hit again from the same strike count. Any further instances by the same player will result in the player being called out. All base runners will return to their starting base.
- Infield fly rule does not apply.
- Bats shall not exceed 2 ¾ diameter. Players may use their own bats if they are baseball approved. No softball bats will be used.

Fielding

- One defensive coach will be allowed on the field to assist players. The coach must stand just outside of the infield.
- Defensive player in the pitching position while the pitching machine is on the field must be positioned behind the release point of the pitching machine.
- Defensive player in the catcher's position must wear catcher's equipment.
- There will be a maximum of 10 defensive positions consisting of 6 infielders and 4 outfielders.
- All players must play a different position from game to game. A player does not have to play certain positions such as catcher, pitcher or first base if they are not comfortable or not able to safely play the position.

Base Running

- Players are allowed to lead to lead off and steal with a pitcher on the mound.
- Players are not allowed to lead off when the pitching machine is on the field but they may steal once the ball leaves the pitching machine.
- In the case of a passed ball the base runner may only proceed to the base they are heading to. No extra base shall be awarded.

- Once a defensive player has gained control of the ball in the infield the base runners may only proceed to the base they were on path to.
- Pinch running only allowed in the case of injury.

General

- Each half inning will end after either 3 outs or once the batting team scored 5 runs.
- A regulation baseball or any ball approved by the AMBA board will be provided for all games.
- No new inning shall be started after 7:30pm.
- Maximum number of innings to be played is 7 with a full game being 5 innings.
- No smoking or inappropriate language shall be used on the baseball grounds.
- The home team shall help setup the field and the visiting team shall help take down the field.
- Home teams use the first base dugout and visitor teams use the third base dugout.
- Infield practice can be held prior to the start of the game. Coaches should coordinate to share the field. Teams can practice together.
- A copy of the lineup should be shared with the other teams score keeper prior to the game.

Field Setup

- Pitching machine is setup 50’ feet from the back of home plate.
- Pitching rubber is set at 50’ from the back of home plate.
- Bases are 75 feet apart.
- An 8 foot diameter circle will be drawn around the pitching machine.
- Standard batters boxes and foul line marking.

Tips and Fundamentals

The below tips and fundamentals are to be used as a guide and should not be considered absolute.

Hitting Fundamentals

- Batters should stand adjacent to plate in an athletic position (feet shoulder width apart, back straight, and bent slightly at waist with butt out). Hands holding the bat should be together (not spaced) and above shoulder. Be sure to have players stand back far enough to be able to extend arms as the tendency at this age is to stand too close to the tee or plate.
- Player should use of a timing step. Transferring power from the back leg forward.
- Bat selection – see chart below

WEIGHT	HEIGHT									
	3'-3"4"	3'5"-3'8"	3'9"-4'	4'1"-4'4"	4'5"-4'8"	4'9"-5'	5'1"-5'4"	5'5"-5'8"	5'9"-6'	6'1"-over
Under 60 Lbs	26"	27"	28"	29"	29"					
61 - 70	27"	27"	28"	29"	30"	30"				
71 - 80		28"	28"	29"	30"	30"	31"			
81 - 90		28"	29"	29"	30"	30"	31"	32"		
91 - 100		28"	29"	30"	30"	31"	31"	32"		

Catching and Fielding Fundamentals

- Be prepared - knees slightly bent and weight on the balls of their feet
- Balls thrown above the waist should be caught with thumbs together.
- Balls thrown below the waist should be caught with pinkies together.
- Ground balls should be fielded with 2 hands either in the “alligator” position or with pinkies together with palms up starting with hand(s) on the ground.
- Move to catch the ball.

Throwing Fundamentals

- Grip ball along the seam with two or three fingers along with the thumb.
- Point shoulder to target when setting up to throw.
- Throwing arm should be even or above the height of the shoulder.
- Step with opposite leg toward target when throwing.
- Follow-through to opposite pocket when throwing.

Base Running Fundamentals

- After hitting the ball, lay bat down – do not throw bat!
- Run directly to the base.
- Run through first base
- Tail towards foul territory on base hit (first base).
- Remember to keep the fundamentals fun, basic and simple after all, the key to learning is by doing!

Thank you for choosing Aylmer Minor Baseball. If you have any questions or comments please do not hesitate to contact us. / www.aylmerminorball.com