

# AYLMER PIRATES



## 9U Rookie Ball Parent Guide

April 22, 2024 Rev 2

## Schedule

Date	Diamond & Time	Home	Visitors
<b>WEEK 1 - Practise</b>			
28-May	Optimist 6:00pm	Giants - Team Practise	
29-May	Optimist 6:00pm	Mets	Giants
29-May	Steen 6:00pm	Expos	Marlins
<b>WEEK 2 - Exhibition Game 1</b>			
4-June	Optimist 6:00pm	Expos - Team Practise	
5-June	Optimist 6:00pm	Mets	Marlins
5-June	Steen 6:00pm	Giants	Sox
<b>WEEK 3 - Exhibition Game 2</b>			
11-June	Optimist 6:00pm	Mets - Team Practise	
12-June	Optimist 6:00pm	Giants	Expos
12-June	Steen 6:00pm	Sox	Marlins
<b>WEEK 4 - Game 1</b>			
18-June	Optimist 6:00pm	Marlins - Team Practise	
19-June	Optimist 6:00pm	Mets	Giants
19-June	Steen 6:00pm	Expos	Sox
<b>WEEK 5 - Game 2</b>			
25-June	Optimist 6:00pm	Sox - Team Practise	
26-June	Optimist 6:00pm	Mets	Expos
26-June	Steen 6:00pm	Giants	Marlins
<b>WEEK 6 - Game 3</b>			
2-July	Optimist 6:00pm	Giants - Team Practise	
3-July	Optimist 6:00pm	Expos	Marlins
3-July	Steen 6:00pm	Sox	Mets
<b>WEEK 7 - Game 4</b>			
9-July	Optimist 6:00pm	Expos - Team Practise	
10-July	Optimist 6:00pm	Marlins	Mets
10-July	Steen 6:00pm	Giants	Sox
<b>WEEK 8 - Game 5</b>			
16-July	Optimist 6:00pm	Mets - Team Practise	
17-July	Optimist 6:00pm	Giants	Expos
17-July	Steen 6:00pm	Sox	Marlins
<b>WEEK 9 - Semi Finals</b>			
23-July	Optimist 6:00pm	1st Place Team - Bye (Team Practise)	
24-July	Optimist 6:00pm	3rd Place	4th Place
24-July	Steen 6:00pm	2nd Place	5th Place
<b>WEEK 10 - Championships</b>			
30-July	Optimist 6:00pm	5th place team - Parent/kid fun game	
31-July	Optimist 6:00pm	Bronze Medal Game	
31-July	Steen 6:00pm	Gold Medal Game	

## Team Lists

Stokes Skate Sharpening - Mets (Maroon)	
Coach: Steve Nichols	
Player First Name	Player Last Name
Lukas	Enns
Makenzie	Bueckert
Ryan	Nichols
Hayden	Killough
Devin	Kranendonk
Konnor	VanDyk
Ivy	Ingram
Maximus	Marshall
Parker	Scruton

Taste of Caribbean - Giants (Purple)	
Coach: Josh and Savannah Krahn	
Player First Name	Player Last Name
Owen	Adams
Alistair	Miller
oliver	krahn
naomi	krahn
Luca	Roch
Hallton	Thompson
Declan	Bint
Nora	Krahn
Finn	Hermans

Godfather's Pizza - Expos (Grey)	
Coach: Anthony Rumleskie	
Player First Name	Player Last Name
Wilson	Froese
Hunter	Giesbrecht
Samuel	Zukowski
Liam	Froese
Dylan	Rumleskie
Jedd	Parry
Dominic	Lewery
Beckham	Thiessen
Dean	Drennan

Hills Pharmacy - Sox (Orange)	
Coach: Melissa DeSutter	
Player First Name	Player Last Name
Quintin	Johnston
Leo	Ceron-Lawrence
Madison	Peters
Aubrey	De Sutter
Harrison	Southwick
Zoe	Murza
Colin	Lediet
Taryn	Prior
Kaiya	Serrano
Reed	Thompson

Stokes Lawn Care - Marlins (Red)	
Coach: Tasha Green	
Player First Name	Player Last Name
Alec	Armstrong
Jacob	Hartemink
Gemma	Green
Olivia	Rice
Katie	Gregory
Berkley	Chilcott
Charlie	Seburn
Jonas	Mesquita
Luke	Jenkins

## Introduction

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Welcome to Aylmer Minor Baseball's 9U Rookie Ball program. Normally this program is a 10 week non-competitive program that focuses on the fundamentals of baseball while stressing having fun and good sportsmanship. Based on feedback from previous years, we are going to try a new format for the year. As the weeks go on we invite coaches to reach out to AMBA board members with feedback on the new format but the goal will be to do a hybrid version that ends with a four game season and championship games.

Each 9U session will be approximately 90 minutes in length. The first two sessions are team practises where kids will be given the opportunity to practise catching, hitting and baserunning. If coaches would like help in developing a practise plan for the first two nights they are welcome to reach out to any board members. The next two weeks will be exhibition games and the 4 game season begins in week 5.

While we want to allow the kids to be competitive and enjoy the game, please remember the goal of the local league is fun and as coaches and parents it is our job to ensure that the kids have a positive experience.

## Equipment

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9U is played on a regular diamond with regular baseball equipment. Balls are pitched via a pitching machine in order to allow the players to learn how to hit pitched balls in a safe and controlled environment

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

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Most of the standard Rookie Ball 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 is placed a distance of 44 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 40mph 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 if forced.
- 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.

## **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.
- A hitter will receive a maximum of 5 strikes to hit the ball. A foul ball does not count as a fifth strike. If the player does not hit the ball after receiving 5 strikes they will hit from the tee.
- 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.
- No bunts or walks.
- 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.
- A hitter will receive a maximum of 5 strikes to hit the ball. A foul ball does not count as a fifth strike. If the player does not hit the ball after receiving 5 strikes they will hit from the tee.
- 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.

## **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 must wear a helmet with a mask and be positioned behind the release point of the pitching machine.
- Defensive player in the catcher's position must wear catcher's equipment. A defensive coach may fill this position in the event there are not enough defensive players.

- 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**

- Runners cannot leave the base until the batter makes contact with the ball. Infractions will result in a dead ball and one warning. If player continues to lead off they will be called out. No stealing.
- 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.
- If the ball is hit into the outfield the base runners may advance until the ball is brought back into the infield.

### **General**

- If a team has less than 5 players they may borrow enough players from the opposing team to field 7 players.
- Each half inning will end after either 3 outs or when the offensive team scores 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 7:15pm.
- Maximum number of innings to be played is 7 with a full game being 5 innings.
- No smoking or inappropriate language will be permitted on the baseball grounds.
- 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 team's score keeper prior to the start of the game.

### **Field Setup**

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- Pitching machine setup 44 feet from the back of home plate.
- Bases are 60 feet apart.
- An 8 foot diameter circle will be drawn around the pitching machine.
- Standard batters boxes and foul line marking.

### **Tips and Fundamentals**

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

### Hitting Fundamentals

- Bat selection – the proper bat size for the average Rookie Ball player should be between 25-28 inches and 16-19 ounces
- 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.
- Beginners should swing in balance without spinning around, starting with the weight back. Follow through over opposite shoulder. Do not let the bat go.
- Advanced players can be taught the use of a timing step. Transferring power from the back leg forward.

### Baseball Grip



Bat grip – knuckles aligned.

### 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

Proper ground ball fielding stance

### 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.
- Ball should be held with finger tips, not touching palm of the hand.



**Proper 4 seam grip**

### **Base Running Fundamentals**

- After hitting the ball, lay bat down – do not throw bat!
- Run directly through first base. Tail to the right for close plays, turn to the left if there is a chance for additional bases.

Remember to keep the fundamentals fun, basic and simple. 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](http://www.aylmerminorball.com)**