

HGRA Rookie Baseball Family Guidelines

Welcome to HGRA's Rookie League, where kids learn some more baseball and have fun doing it. Here's how it can be more fun for you and your kid:

Coaches: Coaches are volunteers, and are parents just like yourself. They always need help, both at games and practices. Teams usually have two coaches but at least three adults are needed to make sure all goes smoothly. Please help whenever possible - just yell out "hey coach, where do you need me?" It's fun, your kids like it when you help, and you'll discover that there's no great mystery to coaching - that's how next year's coaches are born!

Games: All Rookie games are on Wednesday evenings at various fields in the neighborhood. Game times is 6:30 pm Please check the schedule for game location - if you lost your schedule, it is available at www.hgra.org. Please arrive at games 15 minutes early.

Practices: Practice times are assigned randomly by the league. We try to make them as convenient as possible, but with 50 teams and 700 players to distribute to a limited number of fields, we can't please everyone - please try to be a good sport even if the time is not great for you.

Make every effort to attend the practices if at all possible. This helps your kid improve and enjoy the game more.

League rules require an adult present for each child at games and practices. Please be there for the coaches.

Parents are encouraged to help out at practice - these kids are still beginners and need help with the fundamentals. You'll be there anyway, so bring your glove and join in - you'll see how much fun it can be.

Game Rules: Each team bats through the order and games last no more than 3 innings (a 4th may be played by agreement if it starts no later than 7:40). Coaches pitch up to 8 pitches to a batter - if the batter still has not put the ball in play, they are awarded first base. Coaches must not add more pitches.

All balls are put into play are fielded (hopefully) and outs count - we want to begin teaching the players of the purpose and effect of good fielding. Any batter or runner who is out must leave the base paths immediately.

If the last batter of the inning puts the ball in play, they should run the bases until tagged out or a "force" play is made at the plate.

Over the course of the season, players will have the opportunity to play all of the positions.

For safety reasons, there is no 'on deck' circle. The only player who touches a bat is the player up to bat.

Other thing you can do to help:

- Supervise the players on the bench and announce the batting order for the kids during the games;
- Coach first or third base;
- Develop & distribute a team roster with names, numbers, parents' names, treat schedule, etc.;
- Bring a jug of water and paper cups on hot days - those who forgot will appreciate you;
- Keep a first aid kit (or at least some band aids) in the car, just in case someone skins a knee;
- Sign up for one night of post-game treats. They are a tradition in HGRA. Your coach will usually set up a schedule. Juice boxes, non-caffeine soda, cookies or popsicles are a few suggestions. Bring enough so brothers and sisters can have some too;
- Write your child's name on your child's cap and glove. This will help you get them back when they are left behind and picked up by a parent, coach or visitor;
- Remember that we are all trying our best - if your child has not batted first yet, or played 1st base, it is probably just an oversight. A quick, friendly word to the coach is all that is needed;

Good Sportsmanship: Following each game the players and coaches will line up to shake hands and say "good game" to the other team. Please always encourage good sportsmanship in your players, and role model it for them at all times.