

Guidelines for Lightning Safety

As noted previously, a chain of command and designated decision-maker should be established for each organized practice and competition.

Recognition:

Coaches, concession staff, athletes and board members should be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightning flashes is approximately 2-3 miles. Anytime that lightning can be seen, or thunder heard, the risk is already present. Weather can be monitored using the following methods:

- Monitor Weather Patterns - Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the practice or competition, and by scanning the sky for signs of potential thunderstorm activity.
 - National Weather Service (NWS)-Weather can also be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning dictates severe weather has been reported in an area and for everyone to take proper precautions.
- Management:
- Evacuation - If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators should evacuate to available safe structures or shelters.

30 MINUTE RULE

ONCE LIGHTNING HAS BEEN RECOGNIZED, IT IS REQUIRED TO WAIT AT LEAST 30 MINUTES* AFTER THE LAST FLASH OF LIGHTNING IS WITNESSED OR THUNDER IS HEARD. GIVEN THE AVERAGE RATES OF THUNDERSTORM TRAVEL, THE STORM SHOULD MOVE 10-12 MILES AWAY FROM THE AREA. THIS SIGNIFICANTLY REDUCES THE RISK OF LOCAL LIGHTNING FLASHES. ANY SUBSEQUENT LIGHTING OR THUNDER AFTER THE BEGINNING OF THE 30-MINUTE* COUNT SHOULD RESET THE CLOCK AND ANOTHER COUNT SHOULD BEGIN.

FCRBL Rookie League Rules

1. General

0. We will be following the Official USSSA Rulebook with the following exceptions and highlights.
1. All Bats should meet the following standards: Approved by USSSA, CABA and 1.15 BPF stamped bats or USA stamped bats. Bats with a diameter of 2-5/8" or 2-1/4" are preferred.
2. NO ARGUING! The umpire's decision is final.
3. A game will consist of 6 innings.
4. If the game is mathematically over after 4 innings the game will be called.
5. The game cannot end in a tie.
6. If a game is called due to rain after 4 innings, it shall be considered a complete game and the score at the end of the last complete inning will be the final score. If the game was tied it shall resume from the time of the rainout. If four innings were not played, then play resumes from the time of the rainout.
7. Only 4 coaches & the players are allowed in the dugout or on the field during the game.
8. The coaches must stay within the dugout area while their team is in the field.
9. The first home team of the night will chalk the field before the game each night. If the field needs to be chalked before a second or consecutive game, it is the responsibility of that game's home team. The last game for the night both teams are responsible for cleaning up the field and grounds and making sure that the dugouts are cleaned, and equipment is put away. ALL TEAMS must clean their own dugouts after each game.
10. No batting practice on the field before a game.
11. No consumption of alcoholic beverages or use of tobacco products is allowed within 20 feet of field of play.
12. Include the player's' name and number in the scorebook each game.
13. On the schedule, the first team listed is considered the visiting team and should use the north dugout (third base line); the second team listed is considered the home team and should use the south dugout (first base line).
14. All coaches must turn in scores to the designated person at the end of each game. For the 2022 season, the scores should be turned into the concession stand and/or texted to the league director.
15. All score books must be turned in to the league director at the end of the season. Be sure that first and last names of all players, player's number, and positions played are recorded each game. Coaches should evaluate players on hitting, fielding, and throwing. The players should be rated as **A, B, or C** for each category in the scorebook. Coaches may provide ratings for Players on other teams as well. These ratings will be incorporated into the ratings provided by the players' coach.

1. Player Roster

0. All players will be placed in the batting order and bat regardless of if they played the field the previous inning.
1. The standard defensive lineup will consist of 4 outfielders, 4 infielders, a pitcher, and a catcher. You must have a player at pitcher and catcher.
2. A team must have at least 7 players to start a game. The game will start no more than 10 minutes after the scheduled start time, or the game will be forfeit.
3. No player may sit out more than 2 innings playing the field during a game if 12 players are on the roster; if 11 players are on the roster for the game, no player may sit out playing the field more than 1 inning during the game.

1. Pitching

0. This season will feature a modified Kid-Pitch system.

1. A pitching rubber will be placed 35' from home plate. A pitching circle extending 5' from the center of this rubber will be made.
2. Kid pitch will be the 1st and 2nd innings of each game. A minimum of 2 pitchers shall pitch in each game. (Ideally 1 pitcher each Inning)
3. A single pitcher may throw a maximum of 45 pitches. If the pitcher reaches his 45th pitch in the middle of an at bat, he may finish the at bat.
4. Each at bat will start with a player taking the mound. They will then pitch to the batter with an umpire calling balls and strikes.
5. Balk rules shall not apply.
6. There is no dropped third strike.
7. There are NO WALKS! If the pitcher issues ball three, the batting teams coach will then take the mound.
8. If a batter is hit by the pitch, the umpire is to ask **the batter** whether they would like to take 1st base or have the coach pitch. The batter's coach is to remain silent. If the umpire deems the coach is trying to sway the kids decision one way or the other he may choose to call an out. The batter would then make his decision and play will continue.
9. If a pitcher hits 3 batters in the game he must be removed.
10. The pitching coach must start and remain inside the circle while pitching, 30 feet minimum from home plate. All players must be pitched to overhand.
11. Each batter will receive a maximum of 3 pitches from the coach. The count will remain with the batter and the umpire shall continue to call balls and strikes with the coach pitching. You are not guaranteed three pitches from the coach.
12. If the 3rd coach pitch is fouled, the batter is not out. Batter will receive consecutive pitches until the ball is put in play, the batter strikes out, or he/she doesn't swing.
13. **The Kid-Pitch system will take effect on our 1st scheduled game of the season.**
Any team not following the kid-pitch system will have their score recorded as 0. The only exception is if a team is playing a double header. When playing a doubleheader, the number of innings for kid pitch can be reduced as agreed upon by the coaches.

1. Fielding

0. When the coach is pitching, the pitcher must start within the pitching circle, and may not exit until after contact is made. Only one player may play this position at a time.
1. The pitcher must wear a face mask.
2. The catcher takes his natural position in full gear. (Helmet, chest protector, shin guards.)
3. Infielders play no further than two steps in front of the base paths and must be in the dirt.
4. Outfielders must remain in the grass.
5. If the ball goes outside the fenced area or into the dugout, it is out of play, and all runners will advance one base.
6. Foul ball caught by the catcher must go above the batter's head to be called an out, unless it is fouled third strike.

1. Batting and Baserunning

0. When a ball is put in play a runner may advance no more than two bases. The players cannot call time.

1. The umpire shall call time when the fielding team gets the ball in front of the lead runner, when all baserunners have stopped attempting to advance, or all baserunners have advanced the two-base maximum.
2. Effective after the 3rd game, if the batter throws the bat, he/she will be given a warning by the umpire. If the player throws a bat a second time the player shall be called out, the ball called dead, and no runners may advance. Umpire's judgment shall prevail.
3. There will be no bunting, stealing, or leading off.
4. The runner may not leave the base until contact with the ball has been made by the batter.
5. If any hit ball comes in contact with the coach pitching the ball, a dead ball shall be called. The runners return, and the batter will bat over. The pitch will not count.
6. After the ball is put in play, the PITCHING coach must leave the playing field, or immediately squat down to avoid hindering the defensive team. If the coach does not make every effort to avoid hindering the defensive team the ball shall be called dead and no players shall advance.
7. **Coaches may not touch, grab, or push a runner while the ball is in play.**
8. 6 runs will constitute a completed inning at bat.
9. All batters, base runners, and players on deck must wear helmets.
10. If a batter bats out of order, the team receives an out and the batting order remains the same. No batter is skipped.