

**City of Long Beach Parks, Recreation & Marine  
Youth Sports Program**

# **Dodgers Dreamteam Rulebook**





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# **Youth Sports Program Pillars**

- Health and Wellness
- Sportsmanship
- Fundamentals
- Perseverance
- Teamwork

## **Mission Statement**

The Department of Parks, Recreation and Marine Youth Sports program exists to provide, boys and girls in our community, a variety of citywide recreational sports that promote Health and Wellness, Sportsmanship, Fundamentals, Perseverance and Teamwork. We believe every child in Long Beach has something to play for and our role is providing that opportunity in a fun, safe and nurturing environment.

# Coaches Code of Conduct

## **I agree to the following:**

- I will be honest, fair, and always show good sportsmanship to all coaches, officials, players and fans involved in the City of Long Beach Youth Sports Program.
- I will do my best to organize practices that are fun and challenging for all of the players and their abilities.
- I will use coaching techniques appropriate for each of the skills that I teach.
- I will do my best to provide a safe playing situation for all of the players.
- I will place the emotional and physical well-being of the players ahead of any personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will lead by example in demonstrating fair play and sportsmanship to all of the players.
- I have read, understood, and will follow the rules of each sport that I coach, and I will teach these rules to the players.
- I will remember that I am a City of Long Beach Youth Sports coach and that the game is for the children and not for the adults.
- I will accept and respect the decisions of officials, and understand that officiating is one of the hardest jobs on and off the court.
- I will not cheat or engage in any form of unethical behavior that violates league rules and will remember that this league is for fun!

# Parents' Code of Conduct

## **I agree to the following:**

- I will remember that youth sports are played for fun! I will be a role model for my team demonstrating how to treat players, other parents, officials and coaches with respect at all times.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parent and coaches.
- I will show respect to all referees, officials and never act in a manner that would be disrespectful toward them.
- I will encourage all players on all teams regardless of the score.
- I will place my child's emotional and physical well-being ahead of my own personal desire to win.
- I will remember that the game is played for the youth and not for the adults.
- I will encourage my child to shake hands with the other team at the conclusion of all games.
- I understand that failure to follow the above rules may lead to removal from the Youth Sports Program.

# General Youth Sports Rules & Regulations

## 1. Proof of Birth

Proof of birthdate is required and due along with team rosters. It is each coach's responsibility to collect proof of birthdate from ALL players that are not already on the Master List. Documentation MUST show participant's full name and their birthdate.

### **Acceptable documents include:**

- Copy of Birth Certificate
- ParentVue/School Loop printout
- Immunization Records
- Other official documents

*In order to protect participants' private information, all physical documents will be shredded and discarded once the participant has been approved for the Master List.*

## 2. Rosters

Due dates for rosters will be provided before each season and MUST be turned in on time. In order for rosters to be accepted, coaches should ensure the following:

- All parts of the roster are completely filled out
- The roster consists of at least the minimum number of participants needed to play the given sport
- All the necessary paperwork is attached
- Roster is signed by a certified coach and their supervisor

**Dodgers Dreamteam minimum on a roster is 11 players, a maximum of 15.**

## 3. Adding/Dropping Players to Rosters

**Adding a Player** – No late registrations are accepted. All participants must be registered in order to play, **no exceptions**.

**Dropping a Player** – A player can only be dropped from a team by their parents/guardians, the park supervisor, or the Youth Sports program supervisors.

## 4. One Team, One Park

A participant may only be on one roster, per sport. For example, a participant may not play on an E-Boys Soccer team at Silverado Park and play up on a D-Boys Soccer team at Pan American Park. However, a participant may register for both Flag Football and Volleyball.

## 5. Transfers from One Park to Another

There will be no transfers from park to park after the transfer deadline. All transfers during the transfer time must be approved by the park supervisor and the Youth Sports supervisor.

## 6. Insufficient Number of Registrants

If a participant signs up at a park that does not have a team for their division, the Youth Sports Office will advise the family of available options.

## 7. Team Dropouts

If a team drops out of the season, the Youth Sports Office will advise the remaining players of available options. Game schedules will be updated to reflect changes due to the team dropping.

## 8. Forfeits

A team will be issued a forfeit for any one of the following reasons:

- A team does not have the minimum amount of players ready to play at the 10 minute mark. (Ex: During baseball season, if at least 8 of the 9 required number of players of a team are not present on the field at the 10-minute mark, that team forfeits.)
- A team is playing an ineligible player. A player will be considered ineligible if:
  - The player has not been properly added to the roster
  - The player is impersonating another rostered player
  - The player is not of the correct age group

***\*If a team forfeits twice in a season, the Youth Sports Office will reach out to the park supervisor to determine next steps.***

## 9. Start of Game Delay

If the minimum amount of required players are present for a game, the game must begin at its scheduled time. Officials will not wait for a full team to start the game. (Ex: If Cherry Park's Junior Baseball team has 8 players and Orizaba Park's team has 9 players at the scheduled game time, the game will begin. Officials will not wait out the 10-minute grace period for Cherry Park's 9th player to arrive. Please see sport-specific rule on how to check late players into the game.)

## 10. Unsportsmanlike Conduct

Unsportsmanlike conduct will not be tolerated under any circumstances.

**PARTICIPANTS** – Fighting, display of physical force, taunting, or any other negative gestures directed toward other participants, coaches, officials or spectators is cause for immediate ejection from the game. If a player is ejected from a game, the player will be asked to leave the game immediately and be suspended for the next playable game. If a player is ejected from the last game of the season or has been ejected from more than one game, the Youth Sports program supervisor and the respective park supervisor will have a meeting to determine further action.

**SPECTATORS** – If there is any unsportsmanlike conduct by spectators before, during or after a game, they will be asked to leave the game immediately. The Youth Sports program supervisor and the respective park supervisor will have a meeting to determine further action.

**COACHES** – If a coach displays negative behavior at any time, the youth sports supervisor and the respective park supervisor will have a meeting to determine consequences for the staff member. In the case of extreme misconduct, the coach will be removed from all games for the rest of the day. A manager will be contacted immediately for further action.

Running up the score will be considered unsportsmanlike conduct, coaches should make an alternate game plan. Ex: Team A is winning by 10 runs in the 3<sup>rd</sup> Inning against team B. Team A's coach should challenge their players to make 4 passes before attempting to score, to avoid "running up the score".

***\*Extreme misconduct by coaches, players or spectators can result in dismissal from the program for the remainder of the season.***



## 11. Participant Safety

Both coaches and officials have a role in ensuring the safety of participants at every game. Players will **NOT** be permitted to play or continue a game if the player:

- is bleeding OR has an excessive amount of blood on themselves
- has an open wound
- has any type of cast or splint
- becomes unconscious before or during the game (participant must present written authorization from a physician upon returning to the program)

## 12. Participant Uniform

**Shirts** – Participants must wear the uniform shirt provided by the Youth Sports Office. Shirts should be tucked into bottoms. Bottoms must be pulled up to the hips.

**Shoes** – Closed-toe tennis shoes or athletic shoes are required. No boots, crocs, sandals or shoes with heels may be worn during practices or games.

- *Cleats with metal spikes may be worn by Junior Baseball or Senior Softball participants.*
- *Cleats with plastic spikes may be worn during flag football season.*

**Shin guards** – Plastic shin guards may only be worn during Indoor Soccer season.

**Jewelry** – Earrings/studs, necklaces, bracelets, rings, and facial piercings will not be permitted. However, if a participant has permanent jewelry, they will be responsible for taping the jewelry down before the start of the game.

**Headwear** – Hats, bandanas, wave caps, and hair clips are not allowed.

Beads and barrettes must be pulled back to contain any loose items from hanging.

- During the Dodgers Dreamteam season, hats are apart of player uniform.

Reminders will be given during the pre-game gathering.

Officials will not permit any player to wear equipment that they deem dangerous or inappropriate.

**Once the game has begun, any dress code infraction will result in a free base for the opposing team. (one base total not one per dresscode infraction)**

## 13. Patron/Volunteer Incident Reports

Anytime a participant is injured at a practice or game location, staff are responsible for completing an incident report immediately.

- Practices – Coaches should complete this incident report, attach the Youth Sports program waiver and turn it in to their supervisor within 24 hours.
- Games
  - T-ball & Coach Pitch – Before leaving a game site, a coach should fill out basic participant information and leave the report with the field umpire.
  - Minor – Senior – Coach MUST fill out all information of the incident and player information and then turn in to the info table at the end of their game.

***\*Parents, Guardians and patrons are NOT permitted to have a copy OR take a picture of the report. They can request a copy of the report from our City Attorney.***

## 14. Incident Reports

An incident report should be filled out whenever there is an incident on site that does not involve an injury. (Ex: Parent yelling unsportsmanlike remarks at officials.)

- The report should be completed by a staff who witnessed the incident. Reports should be left with the lead Youth Sports staff on site or the info table. Youth Sports staff should turn in the incident report to the Youth Sports supervisor.

***\*Parents, Guardians and patrons are NOT permitted to have a copy OR take a picture of the report. They can request a copy of the report from our City Attorney.***

# T-ball & Coach Pitch

The Youth Sports Program's T-ball and Coach pitch divisions are designed to introduce the fundamentals of baseball, in a non-competitive recreational setting.

## **Coaching Objectives for the T-ball & Coach Pitch Division**

1. Teach the fundamental skills of batting, base running, and fielding.
2. Teach participants to apply the skills in a game-like atmosphere, further developing fundamentals.
3. Teach and emphasize teamwork and sportsmanship.
4. Develop motor skills and abilities, the overall health & wellness of the participant, including muscular strength and endurance.
5. Help participants learn the basic positions on a court: offense/defense positions.

## Division Specifications

### **T-ball**

#### **Age Requirement**

Ages 5 & 6

#### **Bat Size**

25-27

#### **Field Dimensions**

50 ft between each base  
38 ft from mound to home plate

#### **Ball Size**

Soft Core Baseball

### **Coach Pitch**

#### **Age Requirement**

Ages 7 & 8

#### **Bat Size**

25-27

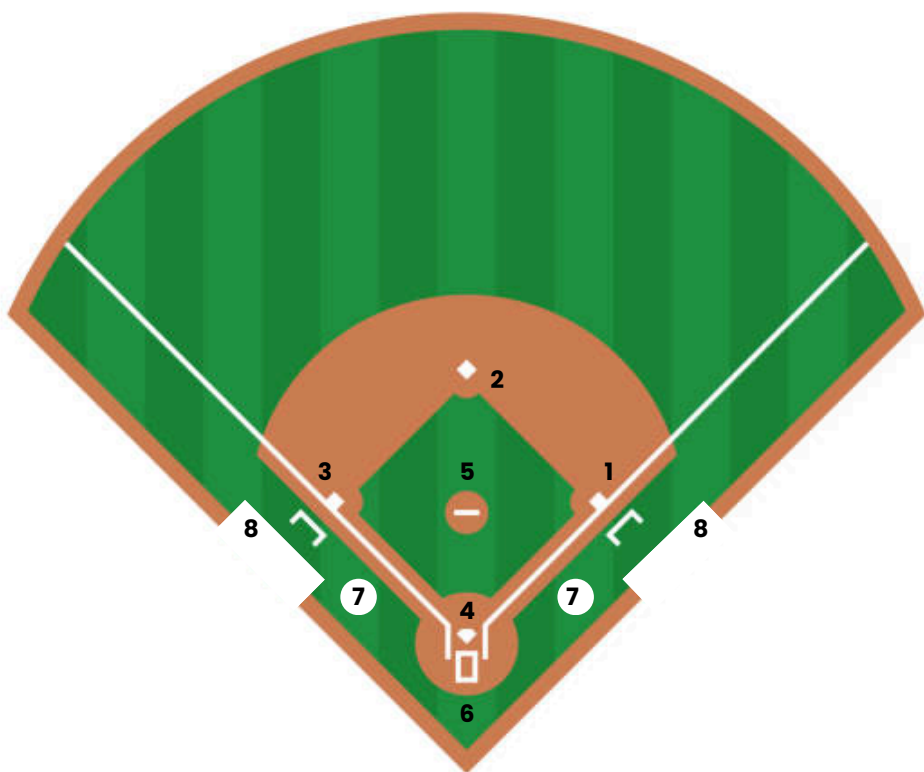
#### **Field Dimensions**

50 ft between each base  
38 ft from mound to home plate

#### **Ball Size**

Soft Core Baseball

# Dodgers Dreamteam Tball & Coach Pitch Field Element Diagram



## KEY:

- |                        |                   |
|------------------------|-------------------|
| 1 1st Base             | 5 Pitchers Mound  |
| 2 2 <sup>nd</sup> Base | 6 Batters Box     |
| 3 3rd base             | 7 On Deck Circles |
| 4 Home plate           | 8 Dugouts         |

# T-ball & Coach Pitch Game Rules

## Length of Game

All T-ball and Coach pitch games must run for a MINIMUM of 45 minutes. No new inning will begin after 45 minutes. T-ball and Coach Pitch games will have a drop dead time of 60 minutes.

## Pre-Game Huddle

Before the game, the umpire will gather all players and coaches to review basic game rules and to remind players/coaches/parents of the importance of sportsmanship.

## Start of Game

The away team will always bat first while the home team starts on defense.

## Score

Score will not be kept. Emphasis will be placed on fun, skill development, sportsmanship, and teamwork.

## Equipment

The Home team is responsible for providing game balls. The away team is responsible for providing the game tee.

- Closed toed shoes are mandatory (Plastic cleats allowed)
- Metal cleats are not permitted in T-ball and Coach Pitch divisions.

## Officiating

The officials and the coaches for both teams MUST be on the field for the entirety of the game.

- When on defense (team on the field), coaches are responsible for staying on the field and helping guide and direct their players.
- When at bat, coaches main focus will be with the batter.
  - T-ball - helping batter with stance, setting up the tee, form.
  - Coach Pitch - setting batter up, helping with form, pitching the ball.
- Officials will assist with group management for the team at bat. This means, playing the "1<sup>st</sup>" or "3<sup>rd</sup>" base coach for the batting team and keeping an eye on/assisting with group management in the dugout. Making sure rules are being enforced.

# T-ball & Coach Pitch Game Rules

## Playing Time

- All defensive players will be on the field at the same time.
- All players will get a chance to bat in every inning that is played. Once all players on your team bat 1 time in a consecutive order, you will switch to defense.

**Late Players – If a player arrives late and needs to be added to the game, their coach must sign them in.**

## Batting

when a player is up to bat:

**T-ball** – Each batter will hit off of a batting tee and advance one base at a time.

The player will be allowed a total of four swings at the ball off of the tee. (During this time their coach should be assisting with stance, tee height, etc...) After the four attempts, if the player has not hit the ball into play, their coach should help them swing so that the player can then move to first base.

**Coach Pitch** – Each batter will be given 3 pitches from their coach. The player will be given a maximum of three pitches from their coach. If they do not hit any of the three pitches, the tee will be brought out. They then have two attempts to hit off of the tee. If the ball is not hit into play the player will be out and should return to their dugout!

**The last batter in a lineup will hit a “homerun” clearing the bases of any runners before the teams change sides.**

## Base Running

**T-ball** – after a t-ball player hits the ball they should run to first base. In the T-ball division, players may only advance one base at a time. (Except the last person at bat who runs all bases to signify the switch to defense.)

**Coach Pitch** – In the coach pitch division, players can advance multiple bases after a hit but, must always stay behind the base runner in front of them. They must stop running when the official or coaches call the play dead. (Depending on where the player is, they may be sent back to their previous base.)

## Outs

**T-ball** – There will be no outs in the t-ball division. If the defense tags the base before the runner, the runner will not be out.

**Coach Pitch** – In the coach pitch division, the runner must be on the base in order to be SAFE. If the ball gets to the base first or if the defense tags the runner, the runner is out and should return to their dugout. (We are not playing three outs so, both teams must still bat through their entire lineup and then switch)

**Coaches and officials will work together to call outs.**

# T-ball & Coach Pitch

## Game Rules

### Extra Precaution

- Every player on offense that is not in the dugout needs to have a helmet on at all times.
- On defense, coaches should be on the field with their team the entire time.

### Game Day Supplies

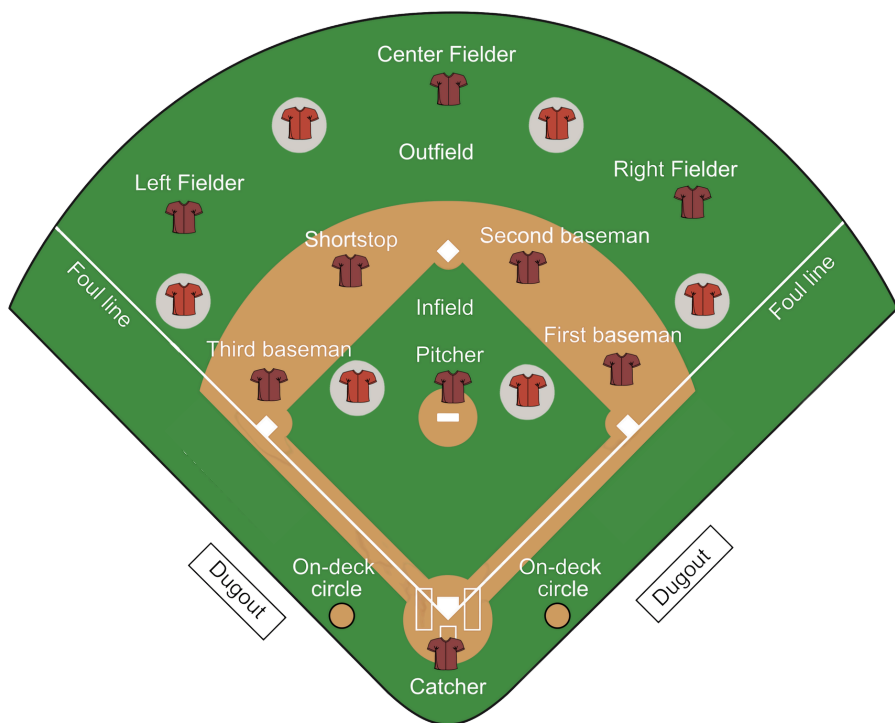
**Both teams must bring softcore baseballs and a tee to each game.**

- Home team will supply the game balls
- Away team will supply the game tee
- Home team will wear blue jerseys
- Away team will wear grey jerseys

### End of Game

At the end of every game, each team should meet back with their coach and cheer for the other team **"Good Game \_\_\_\_\_ Park"** then line up to high-five the other team. All players and coaches should high-five the other team in order to earn their sportsmanship points for the game.

# T-ball & Coach Pitch Sample Positions



**Positions shown are to allow for all possible 15 players to be in a position. Positions circled in grey should only be used if all other positions are already filled.**

# **Dodgers Dreamteam Minor Division Specifications**

## **Baseball**

## **Softball**

### **Age Requirement**

Ages 9 & 10

### **Age Requirement**

Ages 9 & 10

### **Field Dimensions**

60ft basepath  
46ft pitching distance

### **Field Dimensions**

60ft basepath  
35 ft Pitching Distance

### **Ball Size**

Softcore  
Baseballs

### **Ball Size**

11 Inch  
Softballs

### **Bat Requirements**

All bats used in Minor  
division must be USA  
stamped

### **Bat Requirements**

All bats used in Minor  
division must be USSSA  
stamped

### **Game Length**

45 minute minimum  
60 minute drop dead

### **Game Length**

45 minute minimum  
60 minute drop dead



# **Dodgers Dreamteam Major Division Specifications**

## **Baseball**

## **Softball**

**Age Requirement**  
Ages 11 & 12

**Age Requirement**  
Ages 11 & 12

**Field Dimensions**  
70ft basepath  
50ft pitching distance

**Field Dimensions**  
60 ft Basepath  
40 ft Pitching Distance

**Ball Size**  
Hardcore  
Baseballs

**Ball Size**  
11 Inch  
Softballs

**Bat Requirements**  
All bats used in Major  
division must be USA  
stamped

**Bat Requirements**  
All bats used in Major  
division must be USSSA  
stamped

**Game Length**  
60 minute minimum  
75 minute drop dead

**Game Length**  
60 minute minimum  
75 minute drop dead

# **Dodgers Dreamteam Junior & Senior Division Specification**

## **Junior Baseball**

### **Age Requirement**

Ages 13-15

**Field Dimensions**  
90ft basepath  
60ft pitching distance

**Ball Size**  
Hardcore  
Baseballs

**Bat Requirements**  
All bats used in Junior  
division must be USA  
stamped

**Game Length**  
75 minute minimum  
90 minute drop dead

## **Senior Softball**

### **Age Requirement**

Ages 13 - 18

**Field Dimensions**  
60ft basepath  
45ft Pitching Distance

**Ball Size**  
12 Inch  
Softballs

**Bat Requirements**  
All bats used in Senior  
division must be USSSA  
stamped

**Game Length**  
75 minute minimum  
90 minute drop dead

# Dodgers Dreamteam Upper Division Game Rules

## Start of Game

The away team will always bat first while the home team starts on defense.

## Score

A team scores a run when a player successfully rounds all three bases and reaches home plate, completing a circuit of the diamond. The umpire will keep score.

## Equipment

The Home team is responsible for providing 4 game balls, they should hand the balls to the umpire at the beginning of the game.

## Playing Time

- Coaches should have a set lineup at the beginning of each game. All players must bat in the lineup. Your line-up will restart with the next player when your team returns to bat.
- Only 9 players can be in the outfield at a time.
- On defense, no player can sit out two consecutive innings.

## Innings

In baseball, an inning is a period of play, and each inning is divided into two halves: the top and the bottom.

Top of the Inning:

- The visiting team bats offensively, attempting to score runs.
- The home team plays defense, trying to get the visiting team's batters out.
- The top half of the inning ends when the visiting team accumulates three outs or the Mercy Rule is enacted.

Bottom of the Inning:

- The home team bats offensively, also attempting to score runs.
- The visiting team plays defense, trying to get the home team's batters out.
- The bottom half of the inning ends when the home team accumulates three outs or the Mercy Rule is enacted.

# Dodgers Dreamteam

## Upper Division

### Game Rules

#### Mercy Rule

The team at bat will end their batting for the inning and switch to defence.

**Minor and Major Division** – A team has the opportunity to score a maximum of 5 runs per Inning. Once the 5<sup>th</sup> run is scored, the Mercy Rule will be enacted and the team will move to defense

**Junior Baseball and Senior Softball** – If there is a 10 run differential, a 5 run max per inning rule will be enacted.

#### Pitching

In Minor Division, players will pitch. If 4 balls are thrown by a pitcher:

**If there is a strike in the pitch count** – If one strike is thrown by a pitcher, but 4 balls are thrown the batter will take their base. No coach pitch If there is a strike on the pitch count.

**If there is no strike on the pitch count** – The batter will get 3 pitches (thrown overhand) from their own coach.

- Coach throwing overhand is required for the development of players.
- If the batter does not hit the balls off of coach pitch, they have been struck out.

#### Leading Off

"Leading off" refers to a base runner stepping away from their base (usually first or second) to gain an advantage before the pitch is thrown.

**Minor Baseball** – Leading off is not allowed

**Minor-Senior Softball** – Leading off is not allowed

**Major & Junior Baseball** – Leading off **IS** allowed

#### Stealing Bases

Stealing a base means a runner advances to the next base, typically when the pitcher is delivering a pitch, without the help of a batted ball or other defensive errors.

**Minor Division** – Stealing bases is not allowed in the Minor Division

**Major Softball** – Stealing is allowed for 2<sup>nd</sup> and 3<sup>rd</sup> base only. Stealing Home is NOT allowed. A player can only steal after the ball has left the pitchers hand.

# Dodgers Dreamteam

## Upper Division

### Game Rules

#### Stealing Bases continued

**Major Baseball** – Stealing bases is allowed with the following restrictions:

- the catcher must have either dropped the ball, or the ball must go past the catcher in any way.
- Home Plate is closed in all situations

**Junior Baseball** – Stealing bases is allowed in this division with the following restrictions:

- Home plate is closed; even in the event of a passed ball by the catcher, a runner cannot advance from 3<sup>rd</sup> to home.

**Senior Softball** – Stealing Is allowed for 2<sup>nd</sup> and 3<sup>rd</sup> base only. Stealing Home Is NOT allowed. A player can only steal after the ball has left the pitchers hand.

#### Drop 3<sup>rd</sup> Strike

Dropped third strike occurs when the catcher fails to cleanly catch a pitch thrown on the third strike of a plate appearance. If the ball touches the ground or bounces before being caught, and if first base is unoccupied or there are two outs, the batter becomes a runner and can attempt to reach first base. The batter must be tagged out or forced out before reaching first, just like a batter who has hit a fair ball.

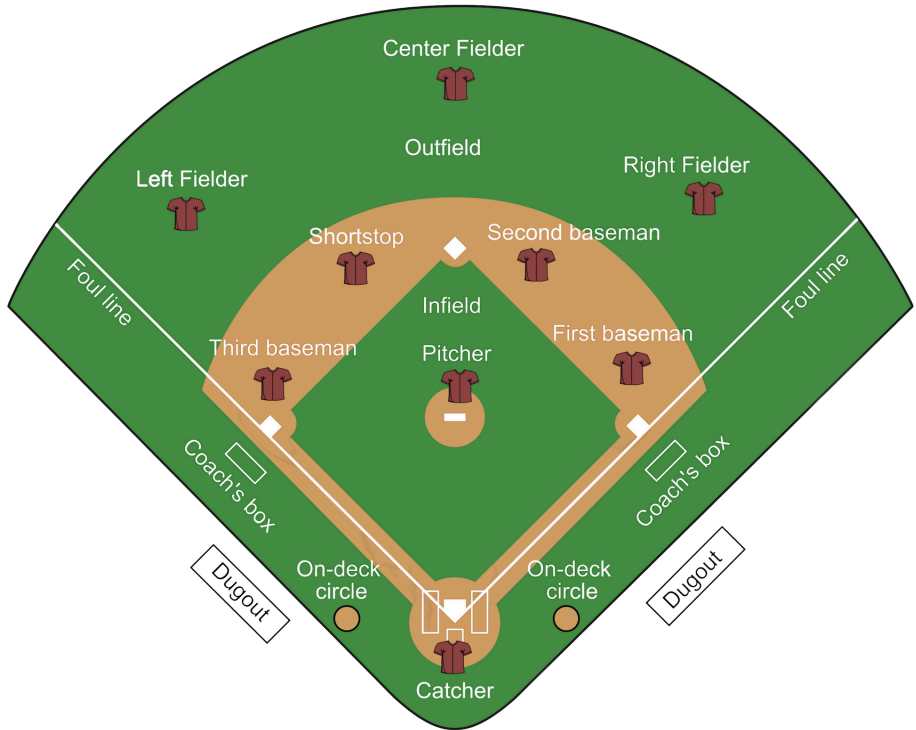
**Minor, Major and Senior Division** – Drop 3<sup>rd</sup> Strike **NOT** allowed.

**Junior Baseball** – Drop 3<sup>rd</sup> Strike allowed

#### End of Game

At the end of every game, each team should meet back with their coach and cheer for the other team “Good Game \_ \_ \_ \_ \_ Park” then line up to high-five the other team. All players and coaches should high-five the other team in order to earn their sportsmanship points for the game.

# **Dodgers Dreamteam Minor – Senior Defense Positions**



**Positions shown are typical baseball and softball positions when on defense.**