**Game Times**:

* Weekday Evenings (Week 9, unless you choose additional games ad-hoc)
  + Tuesday, Wednesday and Thursday at 7 PM
  + Weekday games are limited to 1 hour and 15 minutes
* Weekends:
  + Weekend games are played on Saturday
  + Weekend games, no new inning is to start after 1 hour and 30 minutes
* **All games and practices played at George Rogers Park** (exception: see below)
  + Pacific League will be on the field by the tennis courts
  + Lights will be on until 10:00 PM, but that shouldn’t ever be an issue except perhaps very early in the season

**Field**

* FIELD 2 is next to the tennis courts. Field Permit is available if needed (sent via email).
* LOLL does not hold a field permit for the field next to the Highway, clear off if another group is attempting to use it.
* **Park Rangers:**
  + If someone is using Field 2 during our times and won’t move over, please call the city park rangers:
    - Ben: 971.563.8059 (Weds – Sun)

**Lights**

Field Lights are currently scheduled to go off shortly after 10:00pm. If you leave your field early, please call to turn off the lights.

The number is  877-347-3319.  Username is: LOLittleLeague   Password is: LOLL01

If lights do not turn on for some reason, coaches can contact Kelly Rogstad at (503) 329-4205 and I can turn them on for the days we have permitted.

**Storage Unit**

The code on the GRP equipment shed would probably be the same as our other locks, which is 2632 (Cal Rikpken’s consecutive game streak)

**Covid Items /Safety**

* **Masks: Adhere to current state guidelines.**
* **Equipment Sharing** - Players will not share equipment (helmets, bats, gloves, etc.) without sanitization between use.
* **Catcher Gear** -Each team will be supplied two sets of catcher gear this year. This is to help allow switching catchers easier. If you use more than two catchers in a game, the gear will need to be sanitized.
* **Dugout** -Please limit dugout to players and coaches.
* Medical Waivers must be filled by all families and kept in the equipment bag.
* Players must wear cups at practice and games

**Key Parent Rolls**

* Head Coach
* Assistant Coaches
* Dugout Coach(s) (for when Head Coach and Assistant coach are covering 1st and 3rd.

**Cancelled games (weather):**

* ***Lake Oswego Park & Rec sends out daily field status if you register following the directions below***
  + Visit https://www.ci.oswego.or.us/
  + Click on “Contact”
  + Click on “Subscribe to Email Notifications”
  + Click on “Subscription Lists”
  + Check the Athletic Fields Updates box
  + Enter email address at the bottom of the page
  + Click on subscribe
  + A confirmation/verification email will be sent, click on the link provided to verify.
  + The fields email will be updated by the city at 2:00 PM. If fields are closed, lights will not come on.
* Coaches should communicate with each other before cancelling the game. Circulate the cell phone numbers.
* Makeup games can be scheduled upon both coaches agreeing on an available practice date/time in which to play the game, or use one of the three available make up dates in June. The league will assist as necessary. Early season cold wet rain games can be played in sunny weather later in the season, better for everyone.

**Field Maintenance:**

* George Rogers will be getting a lot of use this year. Drag/rake the field and maintain the batters box after practice/games. If we don’t maintain the field, it will not hold up.
* If any material or equipment is needed reach out to Matt Odman at 503-708-8617.

**Coaches/Parent Help:LO**

Per LOLL insurance rules, we **must** have all coaches get a background check and go through the online concussion training.

This is important to get done prior to practices and games starting or coaches and parents may not interact with the kids. Unfortunate, but true. No practices are to be conducted nor games played until this is fulfilled by entire coaching staff.

**Game Rules**:

* ***Dugouts:***
  + Home team: Third Base
  + Visiting team: First Base
* ***Scorekeeping:*** No score is kept in the Pacific League
* ***Run Limit:*** 5 runs maximum per team each inning. Please adhere to this to keep games moving.
* ***Umpires:***
  + Coaches serve as the umpires.
  + One coach from the team batting stands on the pitching mound (suggested to have extra balls to hand the pitcher on passed balls for pace of play)
  + This coach also serves as the umpire, calling balls, strikes and outs on their own team while they are batting.
  + Note: With a bigger than normal zone, do call balls and strikes consistently. It’s ok for a pitcher and/or hitter to fail on occasion, and this will keep the game moving
* ***Playing Time and Player Rotations:***
  + All players must play at least 3 innings in the field each game.
  + Players rotate between infield and outfield positions, **subject to safety risks evaluated by coaches. But remember, no score is counted so give players a chance everywhere.**
  + Additional 4th outfielder should be played if 10 or more players are present.
  + All players bat in the order set by the coach pre- game, regardless if the player happens to be sitting in the field that inning.

***General Rules:***

Game is 3 strike, 3 outs. Innings end when either 5 runs are scored, 3 outs are recorded, or whole team bats.

* No bunting
* No base stealing
* No leading off of bases
  + Players may move off the base when ball crosses the plate
* Base runners should stop when the ball is returned to the pitcher
  + No non-stop running, intentional “pickle” or “hot-box” etc.
* Base runners may advance only ***one base*** on an overthrow
* Outfielders play at least 10 feet out in the outfield grass area.
* ***PLAYER SAFETY RULE:***
  + Batter who throws his bat when leaving the batters box is given a warning on the first instance.
  + Subsequent instances result in player being called out
  + Please communicate this rule early on and encourage the rule in practices

**Pitching**

* Player pitch starts as soon as players are able. Push to make this happen soon. Practice pitching at practices.
  + Transition to player pitch for entire game whenever possible.
  + Pitchers will pitch from slightly closer than the rubber.
* Called and swinging strikes for both coach and player pitch.
  + Players can strike out (keeps game moving)
  + Have a slightly expanded strike zone. We want to encourage live bats.
* No walks
  + For kid pitch, the strong suggestion is start the at bat with one ball. Once the pitcher throws three balls during the player pitching, the coach on the mound takes the ball and finishes the batter via coach pitch retaining the strike count from the kid pitch. **(calling strikes is important, many kids will "wait out" kid pitchers by not swinging in order to get to coach pitch... it is time consuming and unfair to the kid pitcher. Give warnings early in season so kids know they have to swing at strikes. Nothing is worse than having one coach calling strikes on his kids while the other team's coach calls a tight strike zone or allows at bats to go on for 10 pitches etc.**
  + **If you have a child that is really struggling (ie three straight walks with little hope of finding the zone. It is recommended to go to coach pitch for the rest of the inning.**
  + **It is ok to go straight to coach pitch. However three strikes is all any batter should receive. It is going to be difficult for some kids to absorb striking out/failure. We need to apply this uniformly for it to succeed. Coaches generally have a ton of autonomy, this piece is not flexible. Long at bats, bog down the game, create dangerous lapses in attention, and put failure on display. Let's speed up the game, get more at bats, more innings, and teach kids that baseball has a certain amount of failure that we can learn from.**
* ***Hit by pitch:*** 
  + Upon a player being hit by a player pitch, the coach is automatically used.
  + Player does not automatically take first base, but completes the at-bat via coach pitch.
  + ***NOTE:*** Coach may elect to allow player to take first base instead of finishing at-bat (especially if batter is upset/injured)
* Players may pitch only two innings per game
  + The intent is to allow multiple players the opportunity to pitch during the season, please do not use only a couple of kids as designated pitchers, no pitcher should throw more than 50 pitches per week. Rather see coaches pitch.
  + **PLEASE NOTE**: NOT ALL PLAYERS WILL BE ABLE TO EFFECTIVELY PITCH WITHOUT RISK OF INJURY TO THEMSELVES OR CONTROL OF THE BALL PRESENTING RISK TO BATTERS
    - This risk in Pacific League is increased more than the inherent risk in the general game of baseball.
    - Generally in baseball, the hit batsman risk is understood as a normal part of the game, but happens rarely in upper levels. In PL, pitchers and hitters don’t have the control nor skills honed to effectively limit the risk to others or themselves.
    - If a team decides they have no worthy pitcher available, revert to coach pitch

**Suggestions:**

* Based on experience and improving from past seasons, it is imperative that pitching and catching practice be a component of each practice from the start of the season through the end of the season.
  + This is for general skill development; and
  + Helping avoid mid-season walk-a-thons when kids start pitching
  + Better preparing the kids to move to National League where they’re expected to have these skills
* Make sure 1B can effectively catch
  + Allocate practice time accordingly to give kids the best chance of playing 1B during the season
* Please evaluate players’ skill levels and put them in positions to succeed, the goal being exposure to infield and outfield positions, plus pitching and catching throughout the season.
* Practice throws across the diamond from all positions
* Practice baserunning regularly
  + Tagging up
  + Running through first base on infield contact
  + Rounding bases properly
  + sliding
* Meet with parents early on and let them know the expectations of sportsmanship and a positive environment to learn skills and the rules of the game extends to both players and parents.
* It should be self-explanatory, but there is **NO ALCOHOL OR TOBACCO** allowed at practice or games or after games/practices have cleared off – even on sunny, summer-like days.
  + This is 1) wrong and 2) in violation of the LOLL permit for field use.

If there is an issue with another coach, players, parents, whatever, please reach out to me right away if it cannot be resolved quickly and in a positive manner. This would be prior to escalating the issue with group emails or the like. Read into it what you wish, but various issues may arise periodically and I’m here to help.