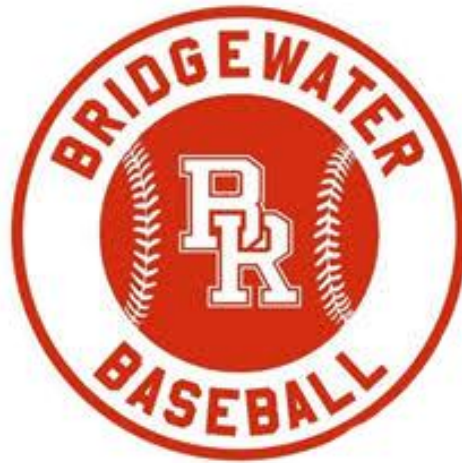


Bridgewater Baseball (BBSI)



Farm A

Rulebook

2025 Season

(v.1.1)

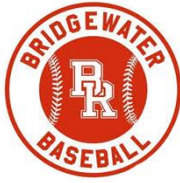


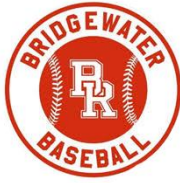
TABLE OF CONTENTS

Contacts.....	3
Important.....	4
Welcome.....	5
Managers and Coaches.....	6
Schedule.....	7
General Rules.....	8
Rule of Conduct.....	10
Roster Rules.....	11
Batting.....	12
Pitching.....	13
Catching.....	14
Fielding.....	15
Equipment.....	15
Recommended Drills.....	16
Rain Outs & Lightning Policy.....	18



Contacts

League	Name	Email / tel #
Commissioner (Farm A, Lower League)	Mike Brewster	mikebrewster80@gmail.com
Lower League Chair	Mike Brewster	mikebrewster80@gmail.com
VP, BBSI	Dan Pan	dppan@comcast.net
President, BBSI	Mike Brewster	mikebrewster80@gmail.com



Important

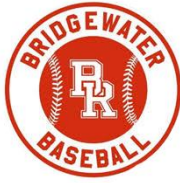
- Please make sure to follow all COVID-19 protocols (check our website for the latest information at www.bridgewaterbsi.com)
- Please remind your parents that the Medical Release forms and Code of Conduct forms were completed during the online registration and they should be updated as necessary.
- Managers should also carry a complete contact list of players, parents, all managers, and Pony / Senior League commissioners.
- Make sure that you have a first aid kit with you at all times. Always make sure you have ice packs.
- Please keep a record of injuries by submitting an accident report to the commissioner of the league.

Please be patient with players and parents.

Please teach the kids how to play correctly.

Please encourage good sportsmanship

THANK YOU for volunteering your time to be a volunteer coach!



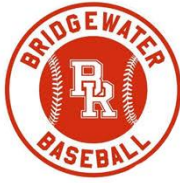
Welcome

Welcome to Bridgewater Baseball and Softball! We are extremely thankful to you for volunteering your time to support the league and the players. It should be a rewarding experience for coaches, players and parents.

The Bridgewater **Farm A League is considered non-competitive.** The Farm A League is comprised of players who are in the first grade who may or may not have T-Ball experience. Standings are not kept and little emphasis is placed on the final score.

The number one goal is to have fun and teach the fundamentals of baseball (running, throwing, catching, batting and becoming a teammate). This season will set the foundation for a fun and exciting future in Bridgewater Baseball by getting them ready for next year's Farm AA league. With this in mind, we have set some goals for the season.

- Each player will begin to throw and catch a baseball from a distance of 10 yards.
- Each player will be able to consistently hit balls pitched (preferably overhand, soft-toss if necessary).
- Each player will understand the basics of base running and know every position.
- Each player will learn the proper conduct both on and off the field. This includes staying on the bench while your team is at bat, being a good sport, and learning about being a good teammate.



Managers and Coaches

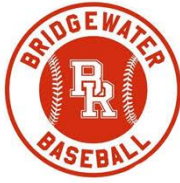
REQUIREMENTS

Each team will have a Manager and Assistant Coaches must have the following:

- Rutgers S.A.F.E.T.Y. certification
 - Rutgers certification is good for life
 - Certification requirement also applies to all parents wishing to help out (i.e. inside the dugout, on the field, etc.)
- Background check
 - Must be checked every 2 years
 - Please visit our website at <http://www.bridgewaterbsi.com> and click on the BBSI tab, then "BACKGROUND CHECKS" for more information
 - Please DO NOT submit your background check application until you have been approved to be a manager/coach by your league commissioner

RESPONSIBILITIES

- To Request a practice field
 - Send your request to: ***scheduler@bridgewaterbsi.com***
 - Email must contain: Division (i.e. Farm AA), Team Name, Date, Time and Field, Requestor's name and cell number
- Rescheduling a Game
 - Send your request to: ***scheduler@bridgewaterbsi.com***
 - Coaches from both teams are responsible for identifying an available field by looking at the calendar
 - Email must contain: Division (i.e. Farm AA), Team Name, OLD GAME info (date, time, field #), NEW GAME info (date, time, field #), Requestor's name and cell number



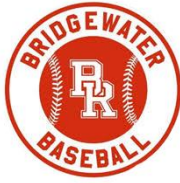
Schedule

1. The league commissioner begins to form the teams in February/March.
2. All games will start promptly at 6:00PM and end at approximately 7:30PM (no new innings will begin after 7:45PM).
3. The Farm A League schedule will be posted on the Bridgewater Baseball website the week prior to the start of the season.
4. First four games are run as practices.
5. The actual games should begin on the fifth game (3rd week of season). Please use your judgment if some of the first four games have been rained out. The exact date should be communicated by the league commissioner. Even when games begin during the third week, play will often be interrupted to instruct players.
6. A manager or coach (preferably both) should be at the field at 5:45pm to greet their players and get organized for the evening.
7. Parents should be instructed to have their children at the field approximately 5-10 minutes before the scheduled time.
8. The first 15 minutes of each game will be used by each team to warm-up and teach skills.



General Rules

1. Except as otherwise noted, we will follow the most current Cal Ripken rules and regulations. All managers and coaches should be familiar with these rules.
2. Players must wear their full official team uniform during games.
3. There should be no more than 4 coaching staff in the dugout during games.
4. Games should consist of four innings (keep in mind players at this age start to lose interest towards the end of a long game so use your best judgement).
5. All players are to be included at all times.
6. A manager or coach (preferably both) should be at the field at 15 minutes prior to game time to greet their players and get organized for the evening.
7. Players should be instructed not to leave the field during the practice/game.
8. Please instruct parents that any player who cannot make a practice or game should contact the team manager.
9. The managers of each team should meet prior to the game to determine if any changes are needed to the basic game schedule. (Examples: safety issues, with players and or the field, weather, an extra inning if time is available). Both managers should agree in advance to any changes.



10. The first 15 minutes of each game will be used by each team to warm-up and teach skills. Minimally, throwing and grounders.
11. All players must remain on the bench at all times unless they are in the field or up to bat. No sitting with parents.
12. No one other than players and coaches should be in the bench area.
13. There is no eating during a practice or game. Drinks are okay. Snacks and drinks can be consumed at the end of the evening. You can try to have a parent take care of the snack schedule.



Rules of Conduct

1. All managers, coaches, and other volunteers must read, and abide with the Bridgewater Baseball Code of Conduct for managers and coaches at all times.
2. It is the responsibility of the manager to maintain proper decorum and behavior among the parents of the players as well as the players and coaches on his team.
3. Any abuse directed at a player by anyone involved with the team is ultimately the responsibility of the manager.
4. Instances of unacceptable behavior should be addressed by the manager immediately and reported to the commissioner for follow-up.
5. Coaches or any other team assistants not coaching first base or third base must stay in the bench area.
6. The use of alcohol, tobacco, or foul language on or around the playing field is not allowed and will not be tolerated.

***** Manager/Coaches – Important *****

This is a game for the kids. We are volunteers here to support the kids. Let's be patient. Mistakes will be made. Let's set a good example for the kids on how we handle them. Encourage good sportsmanship and be positive.

Report any incidents to your commissioner immediately. They will be recorded and reviewed by the Board to see if necessary action needs to be taken during the season.

Any major incidents will be taken into consideration upon applying to manage or coach for the following season.



Roster Rules

FAIR PLAYING TIME RULE

The intent of the **Fair Playing Time Rule** is rule is to prevent players from playing the whole game while other players sit 2-3 innings a game.

- No player may sit two innings until every player has sat one complete inning.
- Except for injury, no player sits two consecutive innings.
- No player may sit more than two innings in any game including ones which go beyond the standard six innings.
- After eight innings a player may sit a third inning provided every player has sat at least two (2) innings already.
- If there is an exception, the manager will be expected to justify it.

If a manager intends to sit a player for an entire game for disciplinary/behavioral reasons or injury, this must be declared to the umpire and to the opposing manager before the game.

- a. If a **behavioral problem occurs during a game**, the player's manager must immediately notify the opposing manager and the umpire of the benching and must notify the Commissioner that day.
- a. If a **behavioral problem occurs during a practice**, the Commissioner must be told before the next game about the intent to have that player sit out the game.
- b. If the **reason is disciplinary**, the player's family and the Commissioner must be notified. Discipline problem is defined as a behavioral problem that occurs during a game or practice, and is unduly disruptive in the opinion of his manager.



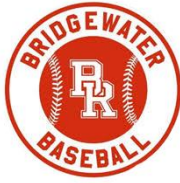
Batting

1. All players will bat each inning.
2. The full roster should be used in the batting order.
3. The Manager will set the lineup for the game and the players should sit on the bench in the correct batting order. The manager will change the order each game to allow all players to “lead off” and to have the opportunity to clear the bases (last batter).
4. Have the player run to first base after they hit the ball fairly. Close plays or ties go to the runner.
5. There is no tagging up on caught fly balls.
6. If the runner is out at first, instruct them of the rule and have them return to the bench.
7. They can continue to any base as long as the ball is in the outfield. They must stop when it comes into the infield area. They go to the base closest to them when the ball comes in. Please DO NOT make a big deal about this. Let them have fun!
8. Walks, stealing, tagging up and bunting are not allowed.
9. Walks are not issued.
10. All other players remain on the bench when their team is up.
11. On-deck batter is allowed only if **both** conditions are met:
 - a. If the field has an enclosed, dedicated batting cage (i.e. PR2); AND
 - b. One of the coach provides supervision at all times



Pitching

- Please look at each individual player's skill level to determine the right amount of pitching.
- Our goal is to have every player hit a pitched ball by the end of the season.
- Every team will have a 5 gallon bucket containing Farm A Balls (#5).
- Managers will pitch overhand to the players.
- Pitch 6-8 balls depending on their skill level. If they cannot hit a pitched ball, just quickly step to the side of the batter and throw a few soft tosses for them to hit it into play.
- If after a few soft tosses the batter still hasn't hit the ball it is OK to bring out the T. Remember this could be the first year for a few of the players so using the T is acceptable.
- There are no walks
- If an out is recorded, the player is out and must return to the bench
- Above all, please keep moving to make it a fun game!



Catching

- Only managers and coaches can play the catcher position
- If a player is interested in trying out for the position, that player must wear a protective cup (not supplied by the league)

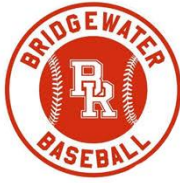
Fielding

- **Positions:** 1B, 2B, 3B, SS, LF, CF, RF, BP (Behind Pitcher – glove side), use RC and LC as needed for players 9 and 10. The teams are small enough so that every player plays the field each inning.
- **Important:** Rotate the players in the field every inning unless there is a Safety Issue. Always use your best judgment ... Safety first!!
- A player should not play the same position for more than two innings. Playing different positions will broaden the players understanding of the game. Use your best judgment.
- **Outs:** If an out is recorded, the player is out and must return to the bench.
- Two defensive coaches are allowed on the field to monitor the players and one must be assigned to the bench.
- If there are not enough coaches for the game, designate a parent to watch the bench.



Equipment

1. Player uniforms (spring - pants, shirt, and hat; fall – shirt and hat only) will be distributed prior to “Opening Day” celebration.
2. All players are advised to wear a protective cup. (Not supplied by the league).
3. Players **should** wear their full uniforms (pants, shirt, socks, and hat) during games. Sweat pants or pants may be acceptable under certain circumstances. Shorts are not acceptable.
4. Players **must bring their own glove** and are welcomed to bring a bat.
5. We strongly urge parents to write the players name and phone number on all equipment.
6. If players bring their own bats, parents & coaches should refer to Babe Ruth’s website at <http://www.baberuthleague.org/bat-rules.aspx>.
7. **All bats must have “USA Baseball” label to comply with Babe Ruth / Cal Ripken rules.** All non-wood, “USA Baseball” bats should have a barrel size that can either be 2 1/4” or 2 5/8” with maximum of 31” in length.
8. Players should wear plastic spikes. Soccer spikes are fine. Opened-toed foot apparel is not permitted.
9. Players should dress appropriately based on weather conditions, cold, heat, rain, etc.
10. Players **should not** bring balls from home. The league uses a special ball (#5) which is different from the standard hard baseball.



Recommended Drills

Keep it Simple and Make it Fun! - Skills should be taught all season long. Be creative, have contests, goals, etc.

Running

1. Run straight to each base.
2. Touch each Base.
3. Run through first base. Don't slide into first base.

Drill: Run through First Base. Run from First to Second. Run from Second to Home.

Fielding

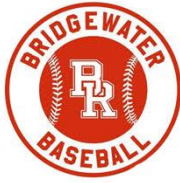
1. Good stance – wide stance and knees bent.
2. Glove and hand out in front.
3. Use both hands to catch the ball.

Drill: Have the players field gently rolled ground balls without a glove and throw back. Repeat with glove.

Hitting

1. Good stance – Shoulder width and feet square to the plate.
2. Hands up by ear and stay balanced.
3. Push the hands back and small step straight towards the pitcher.
4. Keep the head steady and watch the ball as you swing.

Drill: Soft toss hitting practice with wiffle balls into the fence.



Throwing

1. Eyes on target.
2. Get the ball back up high and behind the head.
3. Point your glove and step towards the target.

Drill: Soft toss back forth with one knee on the ground.

Pitching

- None

Outfield

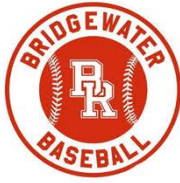
1. Glove up for fly balls.
2. In front of the ball for grounders.
3. Throw to second base.
4. Do not hold or run with the ball.

Drill: Have a coach toss fly balls to catch. Throw to second. Repeat with grounders.



Rain Outs & Lightning Policy

1. In order to determine if a game is cancelled due to weather, please check <http://www.bridgewaterbsi.com> or call the recreation department hotline at 908-526-7107, after 4:00pm.
2. The web site will say "Open" or "Closed". If closed, please contact the other manager to confirm the cancellation and then contact your parents. Email communication is the recommended way and probably the most efficient way to communicate
 - a. If games have not been canceled, the two managers should show up at the field or contact each other to decide as to whether the game could be played.
3. It is not required to make-up rain out games in Farm A. If both managers want to, they can work with the league commissioner to try to find a date and field to reschedule the game.
4. In case of **LIGHTNING**, a thirty (30) minute postponement applies to all current games at a specific location. All people must seek shelter (in vehicles). If after thirty (30) minutes, lightning is still sighted, a Board Member, Commissioner, or a Senior Umpire can decide to cancel the game(s).
5. If lightning returns after play has resumed, the thirty (30) minute postponement starts over. The time limit for the game will remain in force during the lightning delay - no extra time will be granted for the delay for recreation games. The game(s) will automatically be cancelled upon the start of a second (30) minute lightning delay.
6. The cancellation of an earlier game, due to lightning, does not necessarily cancel all later games.



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