

# LGYS BASEBALL/SOFTBALL HANDBOOK

## i. PURPOSE OF THE LEAGUE

The purpose of the Lou Gehrig Youth Baseball/Softball League is to provide our youth with a positive baseball/softball experience that emphasizes the participation of all playing members and the development of baseball/softball skills. This league will seek to implant in the youth of the community ideals of good sportsmanship, honesty, loyalty, courage and reverence so that they may be finer, stronger and happier youths.

We strictly adhere to the **Zero Tolerance Rule**: Please respect our League Rules / Policies

All attendees of LGS activities are expected to show good sportsmanship as they observe and participate. Foul language, disparaging remarks, confrontational behavior, and general rudeness towards others will not be tolerated by the league. The penalty for violating this standard will result in the removal of the offender from the field and expulsion from the complex.

### LGYS Code of Conduct

- Encourage good sportsmanship and a positive atmosphere for all participants
- Provide a safe and healthy environment for all players
- Respect and enforce a drug and alcohol-free complex
- Respect and abide by the Zero Tolerance Rule policy towards our LG Umpires
- Direct all complaints/negative comments to Level Coordinators and or Board of Directors
- Refrain from vulgar, language/music on the LG complex.
- Refrain from using social media to post negative feelings towards LGS or individual players/parents
- Remember, LGS is a 100% volunteer community-based youth organization.
- LGS is a House 1<sup>st</sup> organization. All Travel Players should attend house games over any scheduled Travel Games. Travel Coaches will not organize Travel Games that conflict with House League Games.

ii. **UMPIRES – Our umpires are a part of our LG Family. Treat them like you would want your own kid to be treated.**

1. No arguing calls of any kind – either judgment call or rule interpretation
  - Regular season games don't count!
  - No ONE call determines a game
  - Calls are generally consistent for both teams – umps don't care who wins!
  - CAN ask for an explanation regarding a rule application after the inning is completed (**HEAD COACH ONLY**)
2. No comments directed at, or about an umpire
  - Listen to what you, your coaches, players, and fans are saying
  - Out loud and “under your breath”
  - Just as destructive as an argument
3. ‘Hold your tongue’ – unload on the Chief Umpire instead of our kids!

**HOW THE UMPIRE SYSTEM WORKS**

1. Training each spring – if they put in the time, they get games to work after passing an umpire test
2. Month to month scheduling – bad evaluation doesn't result in immediate reduction in games
3. 1<sup>st</sup> & 2<sup>nd</sup> year umps – learning the ropes. Work about the same number of games
4. Adult Evaluation – umpire committee members visit games to correct and improve performance
5. We work to improve umpires, not to weed them out
6. Playoffs, tournaments, older levels: competence and dependability play more of a role in scheduling

**OUR EXPECTATIONS OF UMPIRES**

1. Look professional and act like they want to be there
  2. Hustle from starting position to the play
- Loud and emphatic calls so both dugouts can hear them. Note: not all “outs” get called verbally

-Older & more experienced umps expected to learn more obscure rules.

**STRIKE ZONE**

1. Individual, yet consistent by level. Won't get the same zone every game.
2. Always from knees to armpits at all levels.
3. Younger Levels – two balls either side of black plate border; swing if the bat will reach it!
4. Older Levels – Umpires Zones

## **HOW MANAGERS CAN HELP (and keep their blood pressure down)**

1. Submit informal evaluation or comments via web site form or phone Umpire – In – Chief
2. Positive as well as negative comments help!
3. Disagreements on the field: save it for the end of the game – discuss and help, don't criticize.
4. Umps should be friends! Introduce yourself at start, shake hands after game!
5. Plate meeting: "Not only will I and my coaches NOT argue any of your calls, we will support them to our players and fans. What we ask from you is that you hustle to plays, and make calls loud enough for both dugouts to hear"
6. **Lead by example and correct you own fans if you feel it needs to be done.**

## **WEB SITE – [www.lgybs.com](http://www.lgybs.com) or on Sport Engine App for Teams**

1. Contact information, Teams, DIBS, Batting Cages
2. Level Rules / Bats can be found under the Baseball section
3. Links to Situation Rulings

### **iii. SAFETY**

Safety is the primary responsibility of each manager, his or her coaches, and every parent at Lou Gehrig. Please be observant at all times of any condition which threatens the safety of the players or spectators. If you have any questions or suggestions regarding safety, please email league Chairman. ALL INJURY REPORTS are completed online at [www.LGYBS.com](http://www.LGYBS.com)

**Background Check will be submitted thru Sports Engine at NO COST – REQUIRED for all HEAD COACHES**

**Please observe these absolute safety rules:**

- All male participants must wear a cup for all practices and games.
- Pitchers must wear a helmet when warming up from the rubber and at all times during practice.
- When warming up a relief pitcher on the sidelines, three players (the pitcher, catcher and the protector who faces the game) must wear helmets.
- Catchers must wear full equipment during a game or practice.
- No batting practice prior to game on diamonds.
- A catcher must wear a helmet, facemask, and throat guard any time he or she is warming up a pitcher in a game or practice. This includes between innings and in the bullpen.
- Players may not wear jewelry during practices or games.
- No metal spikes may be worn at any level other than Seniors
- Players that are scheduled as next batter must warm-up in on deck cages, where provided. Fields without on deck cages require on deck batters to always face home plate to see a foul ball coming his or her way and far enough away from other players to be safe.
- Bats and loose equipment are to be kept in the dugout during games.
- No warm ups are allowed outside of the playing field (walkways, parking lots, concession stand)
- All players not batting must be in the dugout, except the on-deck batter and base coaches. Those players outside the dugout must wear batting helmets. No other coaches or players are allowed outside the dugout.
- All players must leave the field immediately at the first sight of lightening.
- All batters must wear helmets in games and practices.

**General Safety Issues**

Here are a few things not covered by the above categories, but are still very important:

- Ice is available at the concession stand, in case of injury. AED in Umpires Room (Stand)
- Kids, particularly pitchers, should be encouraged to dress appropriately for weather conditions.
- Pitchers should keep a jacket or sweatshirt handy to keep their arms warm between innings.
- Players who wear glasses should be encouraged to wear safety glasses.
- Practices or games are not held on wet fields. Games are canceled by the LG Head of Grounds or by agreement of both managers if the field is deemed unsafe.
- Our complex has 12 fields in close proximity. Please expect foul ball to leave the area of play.

## **Reporting Injuries**

In the event of any injury to a player during a practice or a game, an “Injury Report” must be filled out by the major injury requiring a player to be removed from the game, or needing further medical attention (9-11, x-rays, broken bones...) If you are not sure whether or not to report an injury, report it.

“Injury Report” forms (see Attachment) may be found on the Lou Gehrig website at [www.lgybs.com](http://www.lgybs.com). They can be emailed to [LGYBSBOARD@gmail.com](mailto:LGYBSBOARD@gmail.com)

### **iv. SCHEDULING**

All league games, playoff games, tournament games or any special events to be played on our 11 diamonds are scheduled through our baseball and softball schedulers. All communications to managers go through their Level Coordinator. All teams should be using the Sport Engine App.

Generally, rain outs are not re-scheduled.

Managers must not attempt to re-schedule or cancel games due to unavailable players. Contact your **Level Coordinator** for a call up list to use when you are short players.

### **Curfews**

Refer to the specific baseball and softball rules provided by your **Level Coordinator** for curfew information. submitted to the league Safety Director within 24 hours of the incident. This applies to any games or practices.

### **v. LEAGUE OPERATIONS**

Included in this manual is a listing of our Board of Directors. Each member of the board has at least one area of responsibility in operating the league. Also listed are the league officers and various operating committees.

All managers/coaches should direct requests, suggestions or grievances to their Level Coordinator. It is the Level Coordinator’s responsibility to communicate to the Board of Directors or the appropriate Board member if further assistance is needed.

## **A. ROLE OF LEVEL COORDINATOR**

The Level Coordinator is responsible for serving as a liaison between managers at his/her level and the Board of Directors. The Level Coordinator reports to the Vice President/President of Baseball/Softball regarding league policy, umpires, playing rules, scheduling, manager conduct, field conditions and use. Player related issues should be directed by the Level Coordinator to the VP of House.

The Level Coordinator is responsible for responding to the manager in a timely fashion. If the response does not satisfy the manager, an email or a letter should be addressed to the appropriate Board member and a copy sent to the Secretary.

### **Specific Responsibilities:**

- Develop a list of manager candidates and present to Board of Directors for approval.
- Provide game schedules and field maintenance schedules.
- Meet regularly with the managers during the season to address issues as needed.
- Communicate schedule changes.
- Observe performance of managers, coaches, and umpires and report back to Board of Directors and Umpire Coordinator.
- Nominate tournament team/all-star team managers to Board of Directors.
- Coordinate with the appropriate Board member communication to the managers regarding team photographs, fund raising, uniform/equipment distribution and collection.
- Assist VP of House with player draft.
- Provide a list of players from the next lower level to managers for the purpose of farm teams' call-ups.
- Assist in evaluation and selection of tournament/all-star team players.
- Conduct player evaluation meeting at the end of regular season and submit to Player Agent.

## **B. ROLE OF MANAGER**

### **1. MANAGER'S ROLE AND RESPONSIBILITIES**

A manager needs to uphold the League's purpose that emphasizes our objective "to provide our youth with a positive baseball/softball experience that emphasizes the participation of all playing members and the development of baseball/softball skills." Your actions will determine, to a great extent, whether or not your team members have fun this season. See "Lou Gehrig Code of Conduct" form.

A manager should choose two coaches that also support our League's purpose that emphasizes creating a positive experience for our youth and that are willing to handle responsibilities for practices and games in case of your absence. They are also required to adhere to the Code of Conduct.

As you plan the upcoming season, there are numerous points you should consider as you try to balance all of the important issues required to be successful. Some tips, as collected from our managers over the years, are as follows:

### **MANAGER'S PREPARATION FOR THE SEASON**

#### **1. Initial Team/Parent Meeting**

- Contact team members immediately after receiving team rosters/draft
- Inform team of important information and dates (such as Uniform Distribution)
- Solicit assistance for jobs such as:
  - Assistant Coaches
  - "Team Parent" should be selected from the player roster or you can contact the Auxiliary Board who can try to assist in selecting someone. Notify your Team Mom of the date for the Team Mom meeting.
- Establish a communication system among your team members (text / email). Ensure that each parent signs on to the Sports Engine App / website and updates their child's information.
- Schedule a team meeting for players and parents-
  - Discuss your coaching philosophy
  - Emphasize to parents the Zero Tolerance Rule
  - Hand out or email practice schedules
  - Hand out or email game schedules and roster. Use the SE app as much as possible.
- Have "Team Parent" discuss jersey lettering, socks, tokens, picture day, concession stand sign ups.
- Try to practice twice a week before the season starts and once a week during the season.

## 2. Practice

Try to practice twice a week before the season starts and once a week during the season. Do **NOT** use the Williamsville CSD Turf fields for ANY Practices/Games (unless you are scheduled there)

## 3. Rain Outs

The manager is responsible to check [www.lgybs.com](http://www.lgybs.com) to check the status of that day's game. At that time, you will need to contact your families. Families will also be contacted by the league via email, so parents should ensure that all email addresses in the LG database are accurate.

**Social Media – LGYBS Facebook / Twitter @LGYBS1 / Sport Engine App**

## 4. Clinics/Camps

Your Level Coordinator will communicate any dates and times to you. Share this with your players' families. This includes any Fall Ball info.

## 5. Schedule Changes

It is imperative that any changes are communicated immediately. If you want full team participation our families need as much notice as possible. Full schedules will also be on Sport Engine (App)

## 6. Absences/Call-ups

If you expect less than 10 players to attend a game, you may call up a player from your farm team, as provided to you by your Level Coordinator.

### **MANAGER'S PREPARATION FOR THE GAME**

#### **1. COME PREPARED**

a. **Have a lineup and fielding rotation ready...POST IT IN THE DUGOUT.** Don't make it up when you get there. It makes you look unprepared and disorganized. – **HAVE A LINE-UP BOARD**

b. **Players need to play an equal amount of innings.**  
Consult your level's rules for required playing time.

c. **Let players move around.**

To ensure development of all players, rotation of positions is required. Consult your level's rules for required rotations.

d. **Rotate your batting order**

Players should have the opportunity to bat at the top of the order. Consult your level's rules for required batting rotation.

### **STAY COMPOSED DURING THE GAME**

a. We do not keep standings during the season so it does not matter who wins.

b. Zero Tolerance with Umpires. Therefore: No judgment calls can be appealed. The HEAD COACH is the ONLY one who can bring any rule interpretation to the attention of the umpire. No coach, player or parent is allowed to address the umpire. If the manager questions the rule he must produce the rulebook to make his case...No rulebook, no case.

c. Managers are responsible for the conduct of their parents and players. Any parent abusing a player, coach or umpire must be dealt with immediately. A re-occurrence will result in asking them to leave or a forfeit of the game will occur.

**AFTER THE GAME – Remember, you are finishing up, but there may be another team waiting to play.**

- e. Each player must shake hands and act in a sportsmanlike way.
- f. No player is to leave until you have dismissed them.
- g. Sit them on the bench and ask all in a loud voice, “Will anyone be missing the next game?” and “Did everyone receive the new practice schedule?”
- h. All players are then to clean up the dugout and the bleacher area for the next team! No tokens until all equipment is claimed and dugout/bleacher area are cleaned up!

**2. COMMUNICATION WITH LOU GEHRIG**

- a. Managers’ communications should always start with the Level Coordinator.
- b. If you still need to communicate with someone else, the LG Board communicates by e-mail at [LGYSBOARD@gmail.com](mailto:LGYSBOARD@gmail.com)  
WEB SITE: All forms and most schedules, clinics, tournament and special event information can be obtained easily on the Lou Gehrig Web Site [www.lgybs.com](http://www.lgybs.com)

**vi. EQUIPMENT**

The equipment bag you will receive contains baseball or softball equipment approved by Lou Gehrig for teams at your level. The replacement value of the bag is approximately \$250.00. Please take care of it.

All of the bags have been checked, and broken or damaged equipment has been replaced. Safety is of the utmost concern, so any equipment that wears out or breaks should be replaced immediately. Please do not request “newer” or better equipment because you want your team to look better.

If you need to exchange equipment for a different size or replace damaged equipment, please contact your level coordinator. We keep a supply of miscellaneous equipment in stock. We also have a limited number of left-handed catcher’s mitts.

**We expect all bags to be returned to Lou Gehrig on the assigned dates at the end of the year.** Your bag will be inspected with you present upon return. Please have the equipment as clean as possible and make us aware of any equipment that is in poor condition.

**vii. BATTING CAGES – For LGYBS HOUSE and Travel Teams ONLY (NO OUTSIDE TEAMS)**

Our three batting cages can be scheduled for team use by signing up online at lgybs.com (DIBS). Some important points regarding cages are: **GARAGE DOORS ARE TO REMAIN OPEN WHEN CAGE IS BEING USED**

- The cages are **only** to be used when our complex is open. If games are rained out, the batting cages are closed as well.
- Please stay on schedule. If you are scheduled from 6:00 – 7:00PM, but you start late, you still must exit the cages at 7:00PM if another team is behind you.
- No other ball playing, i.e., pitchers throwing or bunting practice should take place around the cages.
- The key should be obtained from the Concession Stand to open cages and then returned IMMEDIATELY to the Concession Stand.
- Cage #1 is used for mixed levels (Pitching)
- Cage #2 is machine pitch baseball.
- Cage #3 is machine pitch softball.
- Last team in cages for the day is responsible for returning all equipment to the shed and closing/locking up the shed and the cages.
- Please pick up your cage and leave it 100% cleaned up. Please LOCK the Gates after use.

**viii. Travel Teams**

**-LGYBS is a house 1<sup>st</sup> organization. Failure to ably to this may result in travel field time reduced/eliminated, Tournament Cancelled, forfeit of any dues collected.**

**Selection of Manager:**

The Board of Directors votes on names submitted. The manager is selected either in the fall or early in the regular season.

**Selection of Players:**

**Baseball players and softball players regardless of age – Tryouts will be used**

1. Parents of players trying out for the team should not be involved in evaluation, except for manager and coach, if he or she has been appointed.
2. Softball or baseball committees select evaluators. There should be a minimum of three evaluators.
3. Tryouts should be conducted in a manner to allow each player an equal and fair chance to make the team.
4. Travel Coach then does selection based on results of the tryout.

**Notification:**

All players trying out for a team are to be notified of results individually by the tournament manager. This should be done as soon as possible after the tryout either by phone or in person, not in the presence of peers.

**ix. CALENDAR**

- Please consult the calendar for important dates including uniform distribution, drafts, team mom meeting, picture day, fundraisers and volunteer appreciation night. The calendar is also posted on

the website at [www.lgybs.com](http://www.lgybs.com).



x. **AMHERST BEE ARTICLES**

The purpose of putting articles in the Amherst Bee is to recognize certain players in each game. It is the intent of Lou Gehrig that all players be mentioned in an article at one point during the regular season.

**Procedures:**

1. The winning manager should take the responsibility to write the article. You should mention at least three (3) players from the winning and at least two (2) from the losing team. The winning and losing manager should get together after the game to determine which players should be mentioned. Keep the articles simple and no more than 2-3 paragraphs in length. Remember it's the player recognition that counts
2. Articles can be submitted by completing the on-line Amherst Bee form located at [www.beenews.com](http://www.beenews.com) or you can email your article directly to Patrick Nagy at [pnagy@beenews.com](mailto:pnagy@beenews.com)



**2026 LGYBS Board of Directors**

**Chairman - Mike Minnuto**

**Vice Chairman- Mike Russo**

**Jerseys & Awards – Kevin Shaughnessy**

**Treasurer - Nick Terranova**

**Secretary- Jon Klein**

**Head of Grounds- Vince Mathews**

**Head of Equipment- Andy Heim**

**Sponsorship – Karen Lawton**

**Registrar / Volunteer Coordinator - Jen Kupiec**

**President of Baseball - Sean McCarthy**

**Vice President(s) of Baseball – Joe Spano/Rick Mariano**

**President of Softball – Erin Lacki**

**Vice President of Softball - Stephanie Bernhard**

**Umpire in Chief- Andrew Fish / AJ Smith- Assistant**

**Auxiliary – Britton Thomas & Jen Kupiec**

**Insurance Advisor – Justin Randaccio**

**Scheduling Coordinator – Jon Lacki**

**Members-at-Large: Brandon Kraatz / Jared Hulshoff**

**Karen Geokle / Jordan Frey**



**LOU GEHRIG YOUTH BASEBALL & SOFTBALL  
INJURY REPORT**

**Purpose:**

The purpose of this form is to report injuries to the league. The Safety Director and or Insurance Rep will use this report to contact the injured party / injured party's family to explain the league's insurance responsibility. The Board of Directors will use the report to access safety issues.

**Instructions:**

1. The form must be completed the Team Manager for any injury to a player / coach which gets injured from a game or practice.
2. Within 24 hours of the injury, please complete this form and send to the safety director. Copies to the level coordinator as well.

Player – Yes / No Coach / Manager – Yes / No Other \_\_\_\_\_  
 Date of Accident: \_\_\_\_\_ Time of Accident: \_\_\_\_\_  
 Field / Place Where Accident took Place: \_\_\_\_\_

**INJURED PERSONS INFO:**

Full Name: \_\_\_\_\_ Age: \_\_\_\_\_  
 Parent Name \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Daytime Phone Number \_\_\_\_\_ Cell Number \_\_\_\_\_  
 Email Address (best one to reach) \_\_\_\_\_  
 Managers Name \_\_\_\_\_ Managers Phone: \_\_\_\_\_  
 Baseball / Softball Level \_\_\_\_\_

Describe the accident in detail :  
\_\_\_\_\_

Type of Injury: \_\_\_\_\_

CONCUSSION: YES / NO

Fire Dept. / Ambulance Called: YES / NO Person Taken to the Hospital / Urgent Care: YES / NO  
 If Yes, Which Hospital / Urgent Care: \_\_\_\_\_

Manager Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please email to send to: **LGYBSBOARD@GMAIL.COM**



## Lou Gehrig Youth Baseball/Softball Lightning Procedures 2016

Since Lou Gehrig does not have a lightning system in place, it is imperative that COMMON SENSE be used.

If a decision has been made to delay / cancel the game due to lightning there is no second guessing the person(s) that have made the decision.

If air horn is sounded all diamonds need to stop playing and evacuate the playing field(s) immediately.

Since Lou Gehrig has No Shelters - Parents / players should return to their vehicles. Parents should avoid the following:

- exposed sheds
- picnic shelters
- baseball dugouts
- bleachers
- poles
- bleachers
- metal fencing
- golf carts
- freestanding water
- freestanding trees (look for areas where small trees or bushes are surrounded by taller trees)

After rain has stopped then an evaluation of fields will be made and determine if the games can be restarted.

Please remember that the game ending time is still that hard stop time.

If Lightning is present and the game is halted and no rain has come – Game is stopped for 30 minutes. If lightning is seen after 15 minutes, another 30 minutes is added from that point on. After 30 minutes of lightning free time. The game can be resumed. Please remember that hard lined game stoppage time.





















