



RBI Baseball Rulebook



Revised May 2021



NORD Administration

Larry Barabino, NORD Chief Executive Officer
Edgar Alexis, NORD Chief Operating Officer
Jahanna Brightman, NORD Chief Program Officer

NORD Athletics Team

Jermaine Hall, Athletic Director
Anthony L. Roman, Assistant Athletic Director
Yolanda Maize, Athletics Administrative Assistant
David Jenkins, Lakeshore District Manager
Craig Stevenson, Westbank District Manager
Derrick Clark, Downtown District Manager

NORD Board of Commissioners

Mayor LaToya Cantrell
Gilbert Montano – Chief Administrative Officer
Jason Williams – New Orleans City Councilmember
Ernest Price Jr – New Orleans Recreation Development Foundation
JC Romero – Orleans Parish School Board
Dana Peterson – At Large Mayoral Appointee (Vice Chair)
Theodore Sanders - City Council District C
Raquel Dufauchard - New Orleans Public Library

Randy Greenup – City Council District D
Brian Egana – City Council District E (Chairperson)
Kimberly Abramson – At Large Mayoral Appointee
Cyndi Nguyen – City Council Representative

NORD Contact Information

5420 Franklin Ave
New Orleans, Louisiana 70122
504-658-3052 – Main Office
504-658-3050 – Fax
www.NORDC.org



Enclosed are the official rules and regulations for the 2021 New Orleans Recreation Development Commission (NORDC) Baseball season. Any and all baseball programming conducted at NORDC playgrounds is required to comply with these rules and regulations.

These rules and regulations are intended to enhance a competitive balance between playgrounds, minimize risks to participants, and promote enjoyable participation and sportsmanship. Any activities conducted outside the scope of these rules and regulations will not be considered to be part of the authorized NORDC athletic program that entitles players, coaches, and sponsors to certain rights and privileges.

The rules and regulations adopted herein have taken into consideration various sporting authorities with rule governing power not provided by NORDC. However, the NORDC rules and regulations outlined herein will supersede any others when applicable.

Our Site Facilitators are the NORDC officials most closely connected to our athletic programming and will be most informed on matters regarding the playgrounds and applicable athletic leagues. We strongly suggest that parents, coaches, and players contact their playground Site Facilitator for any assistance needed.

Purpose of the Rules and Eligibility Committee

NORDC has separate Rules and Eligibility Committees for each of the 9 sports it offers.

The purpose of each NORDC Rules and Eligibility Committee is to determine the rules and regulations pertaining to the playing of games and environment as well as regulations pertaining to the eligibility of players.

The Committee shall consist of, at minimum, one (1) coach from each district, one (1) NORDC Athletics Representative, one (1) parent, one (1) industry expert, and one (1) official.

The NORDC Rules and Eligibility Committee, at the request of the Athletic Director, provides recommendations or rules and eligibility interpretation.

I. Sport Committee Responsibility

Each committee shall work in consultation with the Athletic Director to devise methods to determine rules, regulations and other awards and recognition in their specific sport.

II. Committee Membership

Each sport committee is composed of four (4) volunteer coaches of that sport, one (1) NORD Athletics Representatives, one (1) parent, one (1) industry expert, and one (1) official.

III. Committee Leadership

Each sport shall elect its own chair. NORD also recommends that each sport committee elect a vice-chair and secretary just in case the chair vacates the position.

IV. Term Limits

Committee members and chairs serve for two years and may not be re-elected thereafter.

V. Rule Committee structure may be altered to accommodate extenuating circumstances.

NORDC Baseball Rules Committee

Jermaine Hall, Athletic Director

Anthony L. Roman, Assistant Athletic Director

David Jenkins, Lakeshore District Manager

Craig Stevenson, Westbank District Manager

Derrick Clark, Downtown District Manager



TABLE OF CONTENTS

Contents

RBI Baseball Rulebook.....1

2021 Season Timeline7

Program Focus & Overview.....9

 CODE OF CONDUCT10

 SUBSTANCE ABUSE10

 INAPPROPRIATE BEHAVIOR.....10

 NOTICE OF CRIMINAL PROCEEDINGS.....10

 GOOD SPORTSMANSHIP10

 COMMUNITY RELATIONS11

Programmatic Philosophy, Objectives, and Eligibility12

SECTION 1: AGE RESTRICTIONS.....13

SECTION 2: NORDC CONFERENCE & ATHLETIC DISTRICTS.....13

 2.1 NORDC Conference Districts13

 2.2 NORDC Athletic Districts Boundaries13

SECTION 3: RESIDENCY & DUAL PARTICIPATION14

 3.1 Dual Participation.....14

 3.2 Player Participation Rule.....14

SECTION 4: PLAYER ELIGIBILITY, RESIDENCY & DUAL PARTICIPATION VIOLATIONS.....15

General Sports Policies & Procedures.....16

SECTION 5: SCHEDULES, PROTESTS, FORFEITURES & SUSPENSIONS17

 5.1 Scheduling.....17

 5.2 Protests17

 5.3 Forfeitures17

 5.4 Suspensions.....17

 5.5 Team Rosters17

 5.6 Coaching Staff Roles & Responsibilities19

SECTION 6: RECORD-KEEPING.....20

SECTION 7: TIE BREAKERS.....20

Game Policies & Procedures.....21

SECTION 8: PLAYING AREA.....22

 The following chart will be used for pitching and base distance for league play:.....22

SECTION 9: GENERAL BASEBALL RULES22

 9.1 NORDC Modified Baseball Rules for all Divisions.....22

 9.2 NORDC Playing Rules for Novice Division26

 9.3 NORDC Playing Rules for Freshman Division28

 9.4 NORDC Playing Rules for Sophomore Division.....29



9.5 NORDC Playing Rules for Junior & Senior Division.....	30
9.6 NORDC Playoff Eligibility.....	31
9.7 Rules Addendum.....	32
Safety Policies	33
SECTION 10: FLEXIBILITY & STRETCHING.....	34
10.1 Static stretching.....	34
10.2 Ballistic Stretching.....	34
10.3 Stretching Recommendations.....	34
SECTION 11: CONDITIONING & PRACTICES.....	34
All teams are required to use a practice plan and maintain a copy during all practices.....	34
11.1 Preparation.....	35
11.2 Conditioning.....	35
11.3 Practice Structure/Scheduling.....	35
First Aid & Emergency Policies.....	36
SECTION 12: FIRST AID.....	37
SECTION 12: EMERGENCIES.....	37
12.1 Heat Related Illnesses.....	37
12.2 Physical Injuries.....	38
12.3 General Muscles, Bone & Joint Care.....	39
12.4 Safety Precautions.....	40
Concussion Protocol.....	41
SECTION 13: SIGNS AND SYMPTOMS.....	42
SECTION 14: ACTION PLAN.....	42
Appendices.....	44
APPENDIX 1: Louisiana Battery of a School or Recreation Athletic Contest Official Law.....	45
APPENDIX 2: Coaches Code of Conduct.....	46
APPENDIX 3: Parent Code of Conduct.....	48
APPENDIX 4: 2021 NORDC Baseball Definition of Terms.....	49
APPENDIX 5: Post Concussion Medical Clearance Form.....	50
POST COVID-19 201.1: USSSA Baseball & Fastpitch Return to Play.....	51
POST COVID-19 202.1: Recommended Best Practices for Returning to Team Activities.....	52



2021 Season Timeline



Key Dates & Deadlines

March 15, 2021	Registration begins
April 26, 2021	Registration ends
April 10, 2021	Coaching Requirements Due
May 1, 2021	Start of T-Ball
May 10, 2021	Start of Baseball regular season
July 5-7, 2021	Baseball Championships



Program Focus & Overview



CODE OF CONDUCT

The New Orleans Recreation Development Commission (NORDC) encourages citizens in the New Orleans community to become volunteers on playgrounds and in all of our recreational programs. The safety and security of our participants is our foremost concern. It is the responsibility of NORDC to ensure that our facilities are safe play areas for children and completely free from any form of abuse or inappropriate behavior. We encourage good sportsmanship, fun, and personal improvement over an atmosphere of fierce competition.

For the above stated reasons, all volunteers must comply with appropriate Codes of Conduct as described below. All volunteers must submit a background check from the New Orleans Police Department. Background checks will be valid for a period of one (1) year and will need to be resubmitted following that period. All applications are subject to screening by the New Orleans Police Department.

SUBSTANCE ABUSE

Substance abuse is strictly prohibited on all NORDC facilities and during the management of any NORDC programs. Any volunteers who participate in the unlawful manufacturing, use, sale, purchase, transfer or possession of illegal substances while involved with NORDC will be turned in to the police department and prosecuted to the fullest extent of the law. NORDC volunteers are not allowed to drink alcohol at any NORDC facilities while volunteering.

INAPPROPRIATE BEHAVIOR

All volunteers are strictly prohibited from any inappropriate behavior, including, but not limited to, that which could be construed as physical (paddling), emotional (name calling), verbal (profanity) or sexual abuse/harassment (inappropriate touching).

NOTICE OF CRIMINAL PROCEEDINGS

Any volunteer who is arrested or otherwise charged with committing a criminal offense, other than a minor traffic violation, must notify their NORDC supervisor immediately. Failure to give prompt and proper notice may constitute grounds for dismissal.

GOOD SPORTSMANSHIP

Volunteers will promote good sportsmanship, team play, personal improvement, leadership skills and ongoing involvement in recreational activities. Any volunteer that does not display good sportsmanship will be dismissed from all NORDC programs and relieved of all volunteer coaching duties. Examples of poor sportsmanship include, but are not limited to, ridiculing of officials, opposing teams or coaches, and use of profanity.



COMMUNITY RELATIONS

Volunteers will display a positive image of NORDC at all times. All interactions with NORDC staff, participants, other volunteers, parents, the media, and members of the community should be based on mutual respect.

ORGANIZATIONAL

- All teams and coaches participating in sanctioned NORDC Baseball Leagues will be under the supervision of NORDC and its staff.
- All playing rules will be Major League Baseball playing rules for this program except where changed within this handbook.
- All NORDC volunteer coaches are **required** to complete all NORDC designated clinics.
- All coaches are required to submit to a background check.
- All home game sites will be responsible for having a first aid kit and AED on the premises.
- Each team is responsible for having water available for their players at all times.
- It is the District Manager and Site Facilitator's responsibility to see that the above rules are **STRICTLY** enforced.



Programmatic Philosophy, Objectives, and Eligibility



The competitive balance and integrity of NORDC programs are maintained by strict adherence to the following eligibility criteria. NORDC supervisory personnel and volunteer coaches are responsible to assure that players and their parents are aware of and are in compliance with these criteria. Failure to do so may result in teammates being exposed to games lost due to forfeiture.

SECTION 1: AGE RESTRICTIONS

Participants must play in their correct age classification as specified within the rules and regulations below. Each sport dictates its own age restrictions and age divisions, which may vary from sport-to-sport. Age restrictions are as follows, based upon the current year. Additionally, **the players cannot reach 7, 9, 11,**

13 and 15 years of age by the dates listed below for the current calendar year:

Tackle Football – August 1

Cheer – September 1

Basketball – December 31

Track & Field – December 31

Baseball/Softball – May 1

Volleyball – October 1

Flag Football – August 1

SECTION 2: NORD CONFERENCE & ATHLETIC DISTRICTS

2.1 NORD Conference Districts

The NORD Conference districts shall be divided as follows:

- EAST - NORD Downtown District and NORD Lakeshore District
- WEST - NORD Uptown and Algiers Districts

2.2 NORD Athletic Districts Boundaries

Lakeshore District

Beginning at Lake Pontchartrain and the Jefferson Parish Line, South on the Jefferson Parish Line to the Southern Railroad tracks north of Marguerite Street. East along the Southern Railroad tracks to the Pontchartrain Expressway. South along the Pontchartrain Expressway to City Park Avenue. East along City Park Avenue to Wisner Boulevard. North along Wisner Boulevard to Interstate 610. East along I-610 and I-10 to the Industrial Canal. South along the Industrial Canal to the Mississippi River Gulf outlet. East along the Mississippi River Gulf outlet to the St. Bernard Parish line. East along the St. Bernard Parish line to the Rigolets. West through the Rigolets and Lake Pontchartrain to the Jefferson Parish line.



Downtown District

Beginning at the Mississippi River and Pontchartrain Expressway, North along the Pontchartrain Expressway to City Park Avenue. East along City Park Avenue to Wisner Boulevard. North along Wisner Boulevard to I -610. East along I-610 and I-10 to the Industrial Canal. South along the Industrial Canal to the Mississippi River Gulf outlet. East along the Mississippi River Gulf outlet to the St. Bernard Parish line. West along the St. Bernard Parish line to the Mississippi River. West along the Mississippi River to the Pontchartrain Expressway.

Uptown District

Beginning at the Mississippi River and the Jefferson Parish line, north along the Jefferson Parish line to the Southern Railroad tracks, north of Marguerite Street. East along the Southern Railroad tracks to the Pontchartrain Expressway. South along the Pontchartrain Expressway to the Mississippi River to the Jefferson Parish line.

Algiers District

All of Orleans Parish on the Westbank of the Mississippi River.

SECTION 3: RESIDENCY & DUAL PARTICIPATION

All participating players shall reside within Orleans Parish.

3.1 Dual Participation

- Participants may not simultaneously play NORD and LHSAA Senior High School varsity sports in cases where the seasons overlap.
- NORD prohibits dual participation in its own programs. Dual participation with other teams, not affiliated with NORD or LHSAA, is permissible.

3.2 Player Participation Rule

Upon entering the NORD Athletic program (irrespective of age), participants may compete at the park or playground of his or her choosing and in any geographic location. This becomes the participant's "home park". Thereafter, players must complete a transfer request to move from one park to another. Transfers will be granted at the Athletic Director's discretion for the following (including, but not limited to):

- Domicile change
- No team offered in child's age at current playground
- Health and safety concerns for child and/or parent
- Park or playground discontinued program after season began
- Parental custody change



SECTION 4: PLAYER ELIGIBILITY, RESIDENCY & DUAL PARTICIPATION VIOLATIONS

Any challenges of the eligibility credentials of a participant will be fully investigated by NORDC prior to assessment of penalties. Participants will be required to produce certified affidavits with backup documentation to support their eligibility status.

- Verified violators, identified by means of protest as outlined in these regulations, or any other means of identification, will result in immediate expulsion from the program.
- Violators are subject to suspension for the remainder of the year plus one (1) additional athletic program calendar year.

When a player is declared ineligible by the NORDC Rules Committee or the NORDC Athletic Director, NORDC reserves the right to follow these actions:

- The disqualified player's team shall forfeit all games in which the disqualified player's name appeared on the team weigh-in sheet.
- The disqualified player shall remain ineligible for the next calendar year.
- The head coach shall also appear before the NORDC Disciplinary Committee for a hearing, and after the committee determines the coach's involvement, the head coach may be suspended for one (1) year, with no further coaching responsibilities.



General Sports Policies & Procedures



SECTION 5: SCHEDULES, PROTESTS, FORFEITURES & SUSPENSIONS

5.1 Scheduling

There will be no changes to the regular schedule of games, except for extreme emergencies, weather conditions, or if deemed necessary by the Athletic Director. Schedules may be adjusted including playoffs and championships as needed to accommodate unforeseen circumstances.

5.2 Protests

Protests for the current season must be submitted in writing by the Head Coach to the Site Facilitator within 24 hours of the game being protested. After review and verification, the Site Facilitator submits the recommended protest in writing to the respective District Manager. The grounds for protest include the following:

- Eligibility of Opposing Team's Players and Coaches;
- Residence outside of Orleans Parish;
- Validity of player identification; and
- Dual participation

****NOTE:** The burden of proof, once team rosters have been accepted, will be on the protesting party. If proven to have ineligible player(s), appropriate penalty will apply.

All validated protests will be reviewed by the appropriate sports rules committee and a decision will be rendered within five (5) business days from receipt of the protest. All protests must be submitted one (1) week prior to the final match of the regular season.

Officials' judgment calls may not be protested under any circumstances. Protests that cite officials' calls will be denied without further consideration.

5.3 Forfeitures

- Teams that fail to be at the game site and ready to be checked by game time, shall forfeit.
- Teams that fail to comply with pre-game check in times could be subject to forfeiture of game. Forfeiture determinations can only be declared by the Head Coach.
- Teams that have an ineligible coach on the bench or sideline will receive a non-compliance forfeit at the conclusion of the game or match.

5.4 Suspensions

Games suspended for weather conditions may be resumed at a later date from the point at which it was suspended, if deemed necessary by the Head Official.

5.5 Team Rosters

The official team roster is a vital document that allows NORDC to verify the credentials of players at game sites. The official team roster will be distributed by NORDC.



Roster minimums and maximums are as follows:

- o Tackle Football: 35 maximum; 15 minimum
 - o Basketball: 15 maximum; 7 minimum
 - o Track & Field: 1 participant
 - o Baseball: 18 maximum; 12 minimum
 - o Softball: 18 maximum; 9 minimum
 - o Flag Football: 10 maximum; 5 minimum
 - o Volleyball: 12 maximum; 7 minimum
 - o Cheer: 1 minimum
- If a player is denied participation because of roster limitations, that player may choose to play at another available park.
 - There will be a five (5) business day waiting period from the date an add-on is submitted to the date they are allowed to participate in a game. This policy refers to transfers, as well as new players. This is designated to allow student athletes to gain necessary training and instruction before being placed in game-time situations.
 - Each team shall come to each league game and city-wide tournament game with that sport's a minimum number of players. Those minimums are:
 - o Tackle Football: 14
 - o Basketball: 5
 - o Volleyball: 6
 - o Baseball/ Softball: 8
 - o Flag Football: 4
 - o Cheer: 1
 - o Track & Field: 1
 - When a team starts a league game or a city-wide tournament game with less than the minimum number of players, that team shall register a forfeit for that game.
 - Every player certified on the lineup sheet must play. If a violation occurs, the team will forfeit that game.
 - **If a team forfeits two (2) league games for any reason, then that team shall be out of the league for the remaining current league year.**
 - All players' names must appear on all rosters. Duplicate numbers on player uniforms are STRICTLY PROHIBITED; each player must have a distinct jersey number.



- After NORDC rosters are distributed, transfer from roster to roster will only be allowed only if a team folds and up until 50% of all games have been played.
- If a player is ejected from a game, all officials are required to submit a game report immediately after the game. The report must be submitted to the Site Facilitator, District Manager, or Athletic Director no later than 24 hours after the infraction took place. The ejected player will have to sit out for the next scheduled game.

****NOTE:** In cases of personal emergencies and/or where necessary for maintaining a competitive balance, the NORDC Athletic Director reserves the right to consider roster transfers after 50% of games have been played.



5.6 Coaching Staff Roles & Responsibilities

Any and all coaching staff is required to give consent for NORD to conduct a background check. The background check includes but is not limited to sex offender registries maintained by the Louisiana State Police, child abuse and criminal history records. The appointment of a volunteer is conditional upon receiving no inappropriate information on the background check.

Coaches and Site Facilitators are responsible for knowing and abiding by all the policies, procedures, rules, and regulations outlined in this manual, where applicable.

Coaches are required to attend the NORD rules and skills clinic. Any coach failing to attend rules clinic

meetings or subsequent make-up clinic will not be allowed to coach. **NO EXCEPTIONS. ANY INDIVIDUAL WHO APPEARS ON THE SIDELINES WHO HAS NOT COMPLETED ALL COACHES REQUIREMENTS WILL CAUSE THE GAME TO RESULT IN THEIR TEAM'S FORFEIT**

All coaches are expected to set a positive example, especially in their behavior and sportsmanship, to their team. The use of PROFANITY is **STRICTLY PROHIBITED AT ALL TIMES.**

Ridicule or harassment of officials by coaches or members of his team, the opposing team, or otherwise, will not be tolerated.

Coaches are required to keep their respective team on the track, court or field during a game. If any coaches remove their team during the game, they will be subject to dismissal by NORD.

NORD coaches are not allowed to serve as officials in games within the same class or division as their team.

Coaches must have a copy of emergency contacts and physicals at all games.

Coaches ejected from a game are required to immediately leave the facility, are suspended from their team's next game, and may not attend the game from which they are suspended. If a suspended coach returns to the facility after the game and engages in unsportsmanlike conduct such as confronting a game official, the suspended coach shall be subject to further disciplinary action.

All head coaches are responsible for ensuring that only members of the coaching staff are on the bench or sideline. The maximum number of coaches allowed per team is as follows:

Tackle Football – 5 (one head coach; four asst. coaches)

Basketball – 3 (one head coach; two assistants)

Track & Field – 5 (one head coach; four event coaches)

Cheer/Dance – 5 (one head coach; four position coaches)

Baseball/Softball – 3 (one head coach; two assistants)

Flag Football – 3 (one head coach; two assistants)

Volleyball – 3 (one head coach; two assistants)

Upon request, each team is allowed to have one (1) video camera on the sideline and must be kept within the official area, as dictated by the officials. All requests for video cameras must be submitted in writing to the Recreation Activities Coordinator no less than five (5) days prior to the requested game, and must be approved in writing. Videographer credentials will be distributed prior to the game, if approved. These credentials may be revoked at any time.



SECTION 6: RECORD-KEEPING

All forfeits shall be recorded in the official record book as defined below with an asterisk denoting that the game was a forfeit.

Baseball 1-0

Basketball 2-0

Football 6-0

Softball 1-0

Volleyball 3-0

SECTION 7: TIEBREAKERS

In the event of a tie, (2 teams from the same division having the same record) ties will be broken in the following manner, in order:

- a. Head to Head Win – Will always break a tie. If two teams have the same record, but they played each other in the regular season the winning team will advance.
- b. Record against team with the best record.
- c. Record against team with the second best record.
- d. Record against team with the third best record.
- e. Record against team with the fourth best record.
- f. Coin toss.



Game Policies & Procedures



SECTION 8: PLAYING AREA

The following chart will be used for pitching and base distance for league play:

DIVISION	AGE	PITCHING DISTANCE	BASE DISTANCE
Novice	5-6	35"	55"
Freshman	7-8	40	60"
Sophomore	9-10	46"	65"
Junior	11-12	50"	70"
Senior	13-15	60.6"	90"

SECTION 9: GENERAL BASEBALL RULES

9.1 NORDC Modified Baseball Rules for all Divisions

- The following curfews will be in effect for all games in the NORDC program.
 - No game may begin after 9:00 p.m.
 - No new inning can begin within ten minutes of stoppage.
- In forfeited games, all players, from both teams that have come to play, must be listed on the score sheet that is submitted to the administrative office (Site Facilitator).

****Note:** The purpose of this rule is for verification in fulfillment of individual requirements in league games played.

3. REASONABLE POINT OF CONCLUSION

Baseball - 5 innings except Novice
Softball- 5 innings

Novice	45 minutes/4 innings
Freshmen	1 hour
Sophomores	1 hour 20 minutes
Juniors	1 hour 20 minutes
Seniors	1 hour 30 minutes



4. Players and coaches are expected to demonstrate good sportsmanship at all times. The COACH OR CAPTAIN AND ONLY THE COACH OR CAPTAIN may participate in any discussions regarding a decision of a play. The umpire will be the sole judge on the decision of a play. The umpire has the authority to eject any player or coach from the game when deemed necessary. This applies to all players- active or on the bench.
5. The number of active players in a game at one time shall be no more than 10 (limited to Novice and Freshman divisions only) There will be: five (5) infielders, four (4) outfielders, and one (1) pitcher. There must be a minimum of 8 players per team on the field or the game is a forfeit.
6. On offense, a first base and third base coach will be allowed on the field. On defense, coaches must remain in their dugout. One coach may stand directly in front of the dugout for the purpose of defensive/offensive instructions. Offense coaches must remain in coaching boxes. Coaches may assist runner's vocally only, no bodily contact. Runner will be called out if physically assisted by baseline coach. Defense Coach-two coaches allowed on field (behind 120' fence or marker) Novice only
7. Batting order must be presented to the opposing coaches and scorekeeper before the game. Line-up sheets must be turned in thirty (30) minutes before the start of the game. The lineup sheet must include the first and last name of the player and the player's jersey number.
8. All teams will bat round robin(Novice only). Exception: If one team has more players than the other, the team with the greater number of players only has to match the other team for players. (At the discretion of the Coach) If a batter becomes disabled during the game and cannot bat, the player's at bat will be considered an out. If a player is sick before the game, the player must be left off the line up and both opposing coaches and the press box must be informed. The player cannot enter the game.
9. Any of the 9 starting players may be removed from the game and re-entered once. Upon re-entry the player must be placed in the same batting position (Freshman-Seniors only)
10. Every player on the roster must enter the game in all age divisions.
11. A substitute player that enters the game as a batter, pinch hitter, fielder etc., cannot return once another player has replaced them.
12. A starting pitcher that is removed from the game while a batter or base runner may re-enter the game immediately at any position. A starting pitcher removed from the game because of a second trip to the mound in the same inning, may re-enter the game in any position except as a pitcher.
13. Courtesy runners are allowed for the catcher.
14. Games in which an ineligible pitcher has been used shall be declared forfeited by the offending team.



15. At the beginning of each half inning, or when a pitcher relieves another, the relief pitcher gets 5 warm-up pitches. Note: a pitcher returning to pitch in the same half inning will not receive warm-up pitches. A pitcher is deemed to have begun pitching once a warm-up pitch has been thrown.
16. In the event a player is injured after all the substitutes have been utilized, the opposing coach will choose the replacement player. If a player is ejected from the game after all substitutes have been utilized, the game is forfeited.
17. The use of cleats with steel spikes, screws made of hard rubber, plastic, nylon or metal is **only** allowed in the senior Division. All other divisions must use soft-soled shoes.
18. It is MANDATORY that batters and base runners wear protective helmets. Catchers must wear chest protector, shin guards, facemask, and protective cup. Failure to comply will result in forfeiture of game.
19. Warm-up will be the time available before the start of the scheduled game.
20. No new inning may start with 10 minutes or less left to play (i.e. 1 hour and twenty minutes or more elapsed.) An inning officially starts when the last out is made on the previous half inning and not when a pitch is thrown.
21. Games called because of rain are considered complete after three innings of play. If the home team is leading after two and one half innings of play, and the game is called because of rain, it will be considered a complete game.
22. A game cannot end until the inning is complete.
23. Only rainouts that impact the district or city playoffs will be made up. Games that impact the district or city playoffs which are rained out before they can be declared official will be resumed from the point they were called. (Time remaining and inning) Revisit
24. In all divisions unless otherwise specified, the ten run rule will prevail after 3 innings.
25. In all divisions, there will be a 5 minute grace period.
26. Deliberate "bowling over" of a defensive player or sliding with raised feet by a base runner is strictly prohibited. Penalty for such action will be that the base runner is called out, regardless of whether the ball is held or not, and the base runner (player) will be ejected from the game.

Aluminum bats are legal. For juniors (11-12) and under the length of a bat cannot exceed 32 inches and the barrel cannot exceed 2 5/8 inches. Illegal bat(s) will result in an automatic out and removal of illegal bat(s). Softball bats are illegal.



Teams wishing to protest the use of an illegal bat must notify the umpire before the next batter enters the batter's box. Once the first pitch to the next batter has been thrown, the protest will be considered invalid.

BAT GUIDELINES FOR NORDC

10U/11U/12U

- No longer than 32 inches
- No specific weight/length ratio limit
- Wood, metal or composite is allowed
- Non-wood and multi-piece wood bats must be USA Bat certified
- **Barrel diameter for any bat may be no larger than 2 5/8"**

13U/14U

- No longer than 34 inches
- No specific weight/length ratio limit
- Wood, metal or composite is allowed
- Non-wood and multi-piece wood bats must be BBCOR or USA Bat certified
- **Barrel diameter for any bat may be no larger than 2 5/8"**

27. In all divisions, all protests must be filed with umpire before the next pitch is thrown. Games must be completed or the team will forfeit despite filing a protest or its result. Protests must be submitted in writing after completion of a game.

RULES NOT COVERED HEREIN WILL FOLLOW National Federation High School BASEBALL RULES.



9.2 NORDC Playing Rules for Novice Division

1. The coach will be the official pitcher for his team. Each batter will receive five (5) pitches or three (3) strikes.
2. Each side of the diamond must be 60 feet long with a base at each corner. The pitcher's mound must be 40 feet from home plate. The batter's box must be 3' x 6'. Center field must be 120'.
3. During play, base runners can be thrown out when no time is called..
4. Coaches may only assist runners vocally. There cannot be any physical contact between coach and player. Runners will be called out if physically assisted by baseline coach. Offensive Coaches must remain inside the coaching boxes. The Novice Division allows two coaches on field (behind 120' fence or marker).
5. Stealing, bunting, and infield fly rule are not permitted. Sliding is O.K.
6. Blocking bases or baseline without possession of a ball or making a play is not permitted. Runners will be allowed to advance one base per umpire judgment.
7. The umpire is in full charge of all games and their decision will be the final in all matters of judgment. The umpire will be the official timekeeper.
8. A regulation game is four (4) innings or 45 minutes - whichever comes first. In case of a tie, if there is time remaining, the game will be played out. If at the end of time the game is still a tie, it will count as a tied game. If after three innings the game is called because of weather, it is a complete game (5 run rule per inning, except the 4th inning which is unlimited). Play-off and championship games must have a winner.
9. Players must remain on base until the bat makes contact with the ball. If the player leaves the base before the bat makes contact with the ball, the player must return to the base, no pitch. The first time a player leaves the base before the bat makes contact with the ball, the player will receive a warning for the team, the second time the player will be called out.



10. On any ball thrown out of the field of play on any individual play, the runner will be awarded next base, as per umpire judgment.
11. A batted ball that strikes the umpire will be considered a dead ball. The play will be dead and the player will advance one base.
12. Any infielder can call time-out on a throw from outfield. Outfielders **cannot** call time-out
13. A fly ball that goes over the 120' fence or marker will be declared a home run by the umpire. If a ball rolls under the fence, barricade or pass the 120' fence, barricade or pass the 120' fence marker; the play will be considered a ground rule double.

On ground balls, a runner may advance to as many bases as they can until time is called. After time is called runners will be called out if they are not halfway down the baseline and have not reached the next base.

14. Infielders may not come up on batters any more than 1/3 distance from their assigned base/position.
15. Except for the top of the first inning, players must play on the field before batting. A substitute player must bat before an original player goes to the lineup to bat again. One (1) pinch runner per inning.
16. There will only be one (1) 30 second time out per inning except when there is an injured player. Novice coaches can make multiple trips to correct batter if batter is too close to home plate or in danger of getting hit with the ball. The final decision will be based on the league coordinator's discretion.
17. When batted, the ball must reach the three (3) feet line in order to be considered a fair ball.
18. Courtesy runner is allowed for the catcher only if more than nine players.

RULES NOT COVERED HEREIN WILL FOLLOW NFHS BASEBALL RULES.



9.3 NORDC Playing Rules for Freshman Division

1. The coach is the official game pitcher.
2. The pitcher's position (the player) is to play defense inside of the circle. The player can be no more than 3ft. away from coach pitcher and not in front of the coach pitcher before the ball is thrown. If the pitcher (the player) is outside of the circle, the Umpire may call a no pitch. If the ball is hit, when the pitcher is outside of the circle, the offensive team can get either the play or replay the pitch.
3. Each batter will receive six (6) pitches or three (3) strikes. The batter must swing on the 6th pitch. The batter will continue to bat as long as contact is made with the ball.
4. A regulation game will be 5 innings or 1 hour, whichever comes first. In case of a tie, if there is time remaining, the game will be played out. If at the end of time the game is still a tie, it will count as a tie. If after three innings the game is called because of weather it is a complete game (5 run rule per inning, except for the last inning, which is unlimited.) Playoff and championship games must have a winner.
5. Each side of the diamond must be 60 feet long with a base at each corner. The pitcher's mound must be 40 feet from home plate. The batter's box must be 3' x 6'. Centerfield must be 120 feet.
6. Players cannot steal bases. A stolen base will be considered an out.
7. A batter that slings the bat will be given a team warning. After one warning, any player on the warned team that slings the bat will be called out immediately and no runner can advance. The umpire will be the sole judge of whether the bat was slung or dropped. This is not a play that can be appealed.
8. All overthrown balls are live unless the ball leaves the field of play, in which case a one (1) base limit will be given to the runners. Any (fair) batted ball that bounces over, rolls through or under a fence, will be a ground rule double.
9. Infielder must have possession of the ball in order to call timeout and be ahead of the runner. The pitcher is always considered ahead of the runner. Outfielders cannot call timeout.
10. Bunting is not allowed. Infield fly rule will not be in effect.

RULES NOT COVERED HEREIN WILL FOLLOW NFHS BASEBALL RULES.



11. The umpire will: call strikes, no pitch, call play on bases, call fair or foul balls, and stop play by calling time out.
12. On offense, a first base and third base coach will be allowed on the field. On defense, coaches must remain in their dugout. One coach may stand directly in front of the dugout for the purpose of defensive instruction. A third coach will be allowed on field to warm-up next batter.

9.4 NORDC Playing Rules for Sophomore Division

1. There will be a maximum of 75 pitches per game. If pitch count is exceeded, the game will be declared a forfeit.
2. A player pitching 66 – 75 pitches in a game cannot pitch for the next four (4) calendar days.
3. A player pitching 51-65 o pitches in a game cannot pitch for the next three (3) calendar days.
4. A player pitching 36-50 pitches in a game cannot pitch for the next two (2) calendar days.
5. A player pitching 21-35 pitches in a game cannot pitch for the next calendar day.
6. A player cannot pitch in consecutive days unless no more than 20 pitches were thrown in the previous game/day.
7. The pitch count will be kept by both teams and the official scorer, if applicable. In the case of no official scorer, the home team book will be the official count.
8. A batter is automatically out after three (3) strikes.
9. The infield fly rule will be enforced.
10. Fake bunts or swings will **not** be allowed. The batter will be called out.

RULES NOT COVERED HEREIN WILL FOLLOW NFHS BASEBALL RULES.



9.5 NORDC Playing Rules for Junior

1. There will be a maximum of 85 pitches per game for Juniors. If pitch count is exceeded, the game will be declared a forfeit.
2. A player pitching 66 – 85 pitches in a game cannot pitch for the next four (4) calendar days. A player pitching 51-65 pitches in a game cannot pitch for the next three (3) calendar days.
3. A player pitching 36-50 pitches in a game cannot pitch for the next two (2) calendar days.
4. A player pitches 21-35 pitches in a game cannot pitch for the next calendar day.
5. Players cannot pitch in consecutive days unless no more than 20 pitches were thrown in the previous game/ day.
6. The pitch count will be kept by both teams and official scorer (if applicable). If a scorer is not available, the home team book is the official count.
7. A batter is automatically out after three (3) strikes.
8. The infield fly rule will be enforced.
9. Fake bunts or swings will **not** be allowed. The batter will be called out.

9.5.1 NORDC Playing Rules for Senior Division

1. There will be a maximum of 95 pitches per game. If pitch count is exceeded, the game will be declared a forfeit.
2. A player pitching 66 - 95 pitches cannot pitch for the next four (4) calendar days.
3. A player pitching 51 – 65 pitches in a game cannot pitch for the next three (3) calendar days.
4. A player pitching 36-50 pitches in a game cannot pitch for the next two (2) calendar days.
5. A player pitching 21-35 pitches in a game cannot pitch for one calendar day.

RULES NOT COVERED HEREIN WILL FOLLOW NFHS BASEBALL RULES.



6. Players cannot pitch in consecutive days unless no more than 20 pitches were thrown in the previous game/ day.
7. The pitch count will be kept by both teams and official scorer (if applicable). If a scorer is not available, the home team book is the official count.
8. A batter may run on a dropped 3rd strike if there are two outs or if 1st base is not occupied at the time of pitch.

9.6 NORDC Playoff Eligibility

1. Each team shall come to each league game or citywide tournament with eight (8) players.
 - A. A player must play 50% of the scheduled league games to be eligible for the playoffs.
 - B. Every player certified on the lineup sheet must play. If a violation occurs, the team will forfeit that game.
 - C. Any team forfeiting two games will be suspended from league..

The most acceptable grounds for protest are eligibility issues. The on-site coordinator shall rule immediately on other grounds; however, if a determination cannot be resolved, an official protest must be done via NORDC Athletic Protest Form and followed by the rules and guidelines associated thereof (see Attachment-Athletic Protest Form). Judgment calls such as balls, strikes and outs are not subject to protest.

RULES NOT COVERED HEREIN WILL FOLLOW NFHS BASEBALL RULES.



9.7 Rules Addendum

PLAYOFF & CHAMPIONSHIP GAME RULES

1. The top 4 teams from each district will advance to the playoffs. The 1st place team from the East will play the 4th place team from the West. The 1st place team from the West will play the 4th place team from the East. The second place team from the East will play the 3rd place team from the West. The 2nd place team from the West will play the 3rd place team from the East.
2. In the event of a tie, (2 teams from the same division having the same record) ties will be broken in the following manner:
3. Head to Head Win – Will always break a tie. If two teams have the same record, but they played each other in the regular season the winning team will advance.
4. Playoff – Tied teams that have not played against each other during regular season play will play in a playoff game to determine the advancing team. If playing dates are not available, coin toss will determine advancing team.
5. In the event of a three way tie for first place: If there is a three-way tie, and no clear victor can be determined on head-to-head competition, then coin toss determines playoff seeding
6. The team that draws #1 will automatically get a bye. The teams that draw #2 and #3 will play to break the tie. The winner from that game will then play the team that drew #1 for the play-off spot. The tie breaking games will be played on the same day. Game 2 will follow Game 1 after a 30-minute break.
7. In the event of a three way tie for 2nd – 4th place. There will be a drawing by a representative of each team. The team that draws #1 will automatically get a bye. The teams that draw #2 and #3 will play an additional game to break the tie. The winner from that game will then play the team that drew #1 for the play-off spot. The tie breaking games will be played on the same day. Game 2 will follow Game 1 after a 30-minute break.
8. Playoff format may be adjusted as needed to accommodate unforeseen circumstances

RULES NOT COVERED HEREIN WILL FOLLOW NFHS BASEBALL RULES.



Safety Policies



SECTION 10: FLEXIBILITY & STRETCHING

Flexibility exercises are to be incorporated into the conditioning program utilized during preseason and regular season workouts. Increasing the flexibility of an athlete causes players to be less injury prone and more likely to perform with higher ability.

10.1 Static stretching

A stretch that is held in a challenging but comfortable position for a period of time, usually somewhere between 10 to 30 seconds is considered a static stretch. Static stretching is the most common form of stretching found in general fitness and is considered safe and effective for improving overall flexibility.

10.2 Ballistic Stretching

This form of stretching is **STRICTLY PROHIBITED**. Ballistic stretching is a form of passive stretching or dynamic stretching in a bouncing motion. Ballistic stretches force the limb into an extended range of motion when the muscle has not relaxed enough to enter it. A ballistic stretching example would be a hurdler's stretch where the trunk of the body bounces towards the extended leg to stretch the hamstring.

10.3 Stretching Recommendations

- Teams should conduct light cardio warmups prior to stretching
- Any and all stretching done by players should NOT involve drastic stretching or stretching to the point of pain.
- All stretches are to be done slowly.
- Neck bridging is NOT recommended. The neck bridge exercise is demanding and requires precise technique and focus. It may be dangerous because it places considerable stress on the cervical spine and may cause neck injury.

SECTION 11: CONDITIONING & PRACTICES

All teams are required to use a practice plan and maintain a copy during all practices.

11.1 Preparation

- Each coach is REQUIRED to plan all practices in advance.
- Every practice is required to incorporate proper calisthenics and stretching at the beginning of each practice session.



11.2 Conditioning

- Any conditioning exercises are NOT to be used as punishment. Site Facilitators will monitor practices to ensure this practice is adhered to.
- Conditioning of players is to concentrate on building cardiovascular strength by incorporating jogging, sprint drills and callisthenic exercises.
- It is extremely important that Coaches ensure that ALL players are properly hydrated by drinking adequate amounts of water before, during, and after workouts.
- The administration of salt tablets, vitamins, any form of medication or sports enhancing additives, drugs, and/or supplements to players is **STRICTLY PROHIBITED**.

11.3 Practice Structure/Scheduling

- No practice of any kind can begin prior to the official start of practice, as dictated by the Athletic Division.
- All practices **MUST** be conducted at a NORD-approved facility.
- No team will be allowed to practice unless their coach is present.
- No team will be allowed to practice unless a site facilitator is present.
- All practices must end by 8:30pm.
- Practice is to be authorized by the NORD Athletics Department at times when the playground will be open, with availability to first aid equipment, water and telephone.



First Aid & Emergency Policies



SECTION 12: FIRST AID

- Coaches shall always be prepared to seek immediate medical attention for any and all injuries that occur.
- NORDC supervisory personnel are trained in first aid and CPR procedures. In emergency situations, coaches are to seek assistance from NORDC supervisory personnel, as well as a physician, nurse or any other emergency medical personnel present at the practice and/or game site.
- Any and all injuries, regardless of severity and type of injury, must be reported to the playground Site Facilitator. All details and information about the injury must be accurately documented on a NORDC injury report and submitted in a timely manner.
- Coaches are required to have their players' phone numbers and emergency contacts on file and readily available for use in the event of an emergency situation. Parents must be immediately advised of all injuries.
- Each NORDC playground and gym maintains first aid supplies in a designated area. Coaches are required to know where these supplies are located at their playground for quick accessibility in the event of an emergency situation.

SECTION 12: EMERGENCIES

12.1 Heat Related Illnesses

Overexposure to heat causes heat related illness. Once the signs and symptoms of a heat related emergency begin to appear, the player's condition can quickly become life threatening. Recognizing heat related signs and symptoms in its early stages increases the chances of reversing symptoms.

Heat Cramps

These are the first signals that the body is having trouble with the heat. Signs and symptoms include painful muscle spasms occurring in the legs and abdomen.

Treatment:

- Have the player rest in a cool place.
- Give cool water to drink.
- Lightly stretch the muscle and gently massage the area.
- When the cramps stop completely, the player can usually start activity again if there are no other signs or symptoms of illness.
- Encourage the player to continue drinking plenty of fluids.
- Carefully monitor the player for further signs or symptoms of heat-related illness.

Heat Exhaustion

Signs and symptoms include cool, moist, pale, ashen or flushed skin, headache, nausea, dizziness, weakness, and severe fatigue.



Treatment:

- Move player to **cooler** environment with circulating air while applying wet towels.
- Loosen or remove clothing.
- If player is conscious, give four (4) ounces of water to drink every fifteen (15) minutes.
- Discontinue player's participation in practice or competition.
- Carefully monitor the player for any changes in condition and/or additional signs or symptoms of a more serious condition.

Heat Stroke:

Heat stroke is a **SERIOUS LIFE THREATENING MEDICAL EMERGENCY**. Signs and symptoms include refusing water, vomiting, red appearance, hot to touch, dry skin, rapid and weak pulse, and/or shallow breathing.

Treatment:

- Move player to **cooler** environment with circulating air while applying wet towels.
- Keep player lying down---if vomiting, place player on their side.
- Remove/loosen any tight clothing.
- Apply cool, wet cloths. Ice packs should be applied on player's wrists and ankles, on the groin, each armpit, and on the neck to cool the large blood vessels. Be sure to place a cloth barrier between the skin and the ice pack.
- **DO NOT APPLY RUBBING ALCOHOL.**
- If player is conscious, give four (4) ounces of water to drink every fifteen (15) minutes.
- If there is a **change in consciousness, 911 should be called immediately** as this is life threatening.

12.2 Physical Injuries

When a player is injured, be careful and be sure to leave the player lying flat, especially when a head, neck, or spine injury is involved. Do not move the player, get medical treatment right away.

Bruises

The simplest type of closed wound is a bruise. This occurs when an injury causes blood and other fluids to seep into the surrounding tissues, which results in the area swelling and changing color.

Treatment:

- Elevate injured part as long as **IT DOES NOT CAUSE MORE PAIN.**
- Apply direct pressure on the area to decrease bleeding beneath the skin.
- Apply ice with a damp cloth or small bag of ice to the injured area for a period of about 20 minutes. Place a thin cloth barrier between the ice and bare skin. Remove the ice for 20 minutes before reapplying.

****NOTE:** Do not assume that all closed wounds are minor injuries. Coaches and/or trainers should examine the player to determine whether or not more serious injuries could be present. Should the player have any of the following signs/symptoms, 911 should be called immediately:



- Player complains of severe pain or cannot move a body part without pain.
- The force that caused the injury was great enough to cause serious damage.
- The injured extremity is blue or extremely pale.

Fractures

Closed fractures are a complete break, chip or a crack in a bone and the most common type of fracture. Open fractures are more dangerous due to bone breaking the skin, which will cause risk of infection and severe bleeding.

Always suspect a serious injury when any of the following signals are present:

- Significant deformity
- Extreme bruising and swelling
- Inability to normally use the affected part
- Bone fragments sticking out of a wound
- Player complains of feeling bones grating
- Player felt or heard a snap or pop at the time of injury
- Injured area is cold to the touch and/or the affected area feels numb
- Cause of the injury suggests that the injury may be severe

****NOTE:** If the fracture involves a large bone such as the thigh, has severed an artery and/or is affecting breathing, the injury is life threatening and 911 should be called immediately.

12.3 General Muscles, Bone & Joint Care

Remember RICE!

<u>R</u> est	Do not move or straighten the injured area
<u>I</u> ce	Stabilize the injured area in the position it was found. Splint the injured part* *Only if the person must be moved and it does not cause more pain.
<u>C</u> ompression	Fill a plastic bag or wrap ice with a damp cloth, apply to the injured area for 20 minutes and remove the ice pack for 20 minutes. Reapply if needed. Place a thin cloth barrier between the ice and bare skin.
<u>E</u> levation	<u>DO NOT</u> elevate the injured part if it causes more pain.

Splinting

- Splint only if the person must be moved or transported by someone other than emergency medical personnel.
- Splint only if you can do so without causing more pain.
- Splint an injury in the position you find it.
- Splint the injured area and the bones or joints above and below the injury.
- Check for circulation (feeling, warmth and color) before and after splinting.



****NOTE:** HEAD, NECK AND BACK INJURIES MAY CAUSE UNINTENTIONAL DEATH OR LIFELONG NEUROLOGICAL DAMAGE----CONTACT 911!!! **Player should not be moved.**

12.4 Safety Precautions

Bodily Fluids/Blood

NORDC employees, league commissioners and volunteer coaches are to be aware of and monitor situations during practice and competitions, when there is an injury that results in blood being present. Good hygiene shall be practiced. Towels, uniforms, cups and water bottles should not be shared. Staff and volunteers must be cognizant that anytime there are blood and bodily fluids present, there is the possibility that those fluids may transmit infectious disease. Under circumstances which differentiation between bodily fluid types is difficult or impossible, all bodily fluids are considered potentially infectious.

Before competing, all players must cover wounds on their body. Practice or competition must be stopped and any injured player must be immediately attended to.

In the event of injury or sickness involving blood or bodily fluids, the following procedures must be followed:

- If possible, the injured person shall render first aid to himself and cover his own wound.
- When rendering first aid, protective gloves must be worn when it is anticipated blood or bodily fluids are involved.
- Clean gloves must be worn for each individual being treated.
- Do not wear the same gloves for multiple injured parties.
- An individual who has treated an injury where blood is present or has cleaned a potentially contaminated surface should wash their hands with soap and hot water, whether or not protective gloves have been worn.



Concussion Protocol



SECTION 13: SIGNS AND SYMPTOMS

Players who experience any of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY PLAYER
Appears dazed or stunned	Headache or “pressure “ in head
Is confused about assignment or position	Nausea or vomiting
Forgets instructions	Balance problems or dizziness
Is unsure of game score or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to sound
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows, mood, behavior, or personality change	Concentration or memory problems
Can’t recall events prior to hit or fall	Confusion
Can’t recall events after hit or fall	Does not “feel right” or is “feeling down”

SECTION 14: ACTION PLAN

If you suspect that a player has a concussion, the following four (4) steps should be taken:

1. Remove player from competition.
2. Ensure that the player is evaluated by an appropriate health care professional. Non-medical personnel such as the coach should NOT judge the seriousness of the injury.
3. The coach should inform the player’s parents or guardians about the possible concussion and provide the fact sheet on concussion.



4. Keep the player out of play the day of the injury and until an appropriate health care professional has provided written clearance to return to practice and play. (*See Post Concussion Medical Clearance Form in the appendix section*)

WHEN IN DOUBT, SIT THEM OUT...



Appendices



APPENDIX 1: Louisiana Battery of a School or Recreation Athletic Contest Official Law

LSA-R.S. 14:34.4

A. (1) Battery of a school or recreation athletic contest official is a battery committed without the consent of the victim when the offender has reasonable grounds to believe the victim is a school athletic or recreation contest official.

(2) For purposes of this Section, “school athletic contest official” means any referee, umpire, coach, instructor, administrator, staff person, or school or school board employee of any public or private elementary and secondary school while actively engaged in the conducting, supervising, refereeing, or officiating of a school sanctioned interscholastic athletic contest.

(3) For purposes of this Section, “recreation athletic contest official” means any referee, umpire, coach, instructor, administrator, staff person, or recreation employee of any public or quasi-public recreation program while actively engaged in the conducting, supervising, refereeing, or officiating of a sanctioned recreation athletic contest.

B. (1) Whoever commits the crime of battery of a school or recreation athletic contest official shall be fined not more than five hundred dollars and imprisoned not less than forty-eight hours nor more than six months without benefit of suspension of sentence, except as provided in Paragraph (2).

(2) The court, in its discretion, may suspend the imposition of the sentence and place the offender on probation with the condition that he shall perform five days of community service work. Failure to successfully complete the community service work, as determined by the supervisor of the program to which he is assigned, may result in revocation of probation



APPENDIX 2: Coaches Code of Conduct

New Orleans Recreation Development Commission Coaches Code of Conduct

- I understand that my responsibilities as a youth coach are of great importance and that my actions have the potential to significantly influence the young athletes whom I coach;
- I understand that many children participate in sports for numerous different reasons, and that the number one reason is to have fun;
- I understand that as a youth coach I am obligated to honor the games rules, opponents, officials, teammates and self, and to teach players to do the same.

Therefore, by participating as a youth sports volunteer, I will adhere to the following codes:

A. I will create an appropriate environment for our children that:

- Focuses on safety, fun, skill development and education;
- Has a positive lasting impact on the children of our community;
- Promotes building character and learning life skills;
- De-emphasizes a 'win-at-all-costs' attitude;
- Is fair, consistent and best meets the emotional and physical needs of all children;
- Builds a culture where winning is not defined by outcome of competition, but by the individual needs of all the children.

B. I will act responsibly and do my best to assure that:

- I provide playing time for every child that is consistent with the rules of NORD;
- I properly educate players on the importance of teamwork, effort, having fun and playing fair while properly instructing age appropriate fundamentals and skills;
- I provide players with the best education, instruction and organization possible by attending required meetings, clinics and certifications;
- I am familiar with the objectives of the youth sports program. I strive to achieve these objectives and communicate them to my players and their parents;
- I cooperate with the administrator of our organization in the enforcement of rules and I will report irregularities that violate sound competitive practices;
- I provide a healthy and safe environment for my players, which are in accordance with my leagues' safety procedures and provide safe instruction and use of equipment.

C. I will display appropriate behavior - I understand that violation of the following will jeopardize my privilege to coach.

- I will treat each player, opposing coach, official, parent or administrator with respect and dignity, and refrain from using profanity, intimidations tactics and inappropriate language;
- I will uphold the authority of officials who are assigned to the contest in which I coach, and I will assist them in every way to conduct fair and impartial competitive contests.

D. Terminal behavior - I understand that violation of the following codes will result in immediate termination of my privilege to coach with NORD.

- I will never coach under the influence of drugs or alcohol.



- I will never initiate or participate in any form of verbal or physical assault on staff, volunteer, official, parent or child.

The New Orleans Recreation Development Commission reserves the right to take appropriate disciplinary action involving any coach in violation of the code of conduct.

New Orleans Recreation Development Commission
Coach's Code of Conduct
Results of Violations

Violations of the ***Coaches Code of Conduct*** will result in written documentation, advisory consultation and possible disciplinary action. The following data outline the disciplinary procedures of the New Orleans Recreation Development Commission. Failure to fully understand the NORD Code of Conduct policy does not exempt one from the ramifications if such rules are violated whether intentionally or unintentionally. All disciplinary infractions will be decided upon by the NORD Disciplinary Committee.

- **Conduct Codes A and B**
 - o Any violation under codes A and/or B will result in verbal consultation by the NORD Recreation Athletic Director;
 - o A second violation under codes A and/or B will result in a disciplinary hearing with the NORD Disciplinary Committee. Suspension of the coach's privilege to manage/coach NORD youth sports programs for, at minimum, 1 game may accompany;
 - o A third violation under codes A and/or B will result in a disciplinary hearing with the NORD Disciplinary Committee and may result in termination of the coach's privilege to manage/coach NORD youth sports programs.
- **Conduct Code C**
 - o Any violation under Code C will result in a disciplinary hearing with the NORD Disciplinary Committee. Suspension of the coach's privilege to manage/coach and attend NORD youth sports programs for, at minimum, 2 games, will accompany;
 - o A second violation under Code C will result in disciplinary hearing with the NORD Disciplinary Committee. Termination of the coach's privilege to manage/coach NORD youth sports programs may follow.
- **Conduct Code D**
 - o Any violation under Code D will result in a disciplinary hearing with the NORD Disciplinary Committee and may result in termination of the coach's privilege to manage/coach NORD youth sports programs.

Anyone with knowledge of a violation of the rules listed in NORD Code of Conduct who fails to report them to the NORD Athletic Department will result in disciplinary action.



APPENDIX 3: Parent Code of Conduct

NORD implemented the following Parent Code of Conduct for the important message that it holds about the proper role of parents in supporting the youth of our community and their child in sports.

The essential elements of character building and ethics in sports are the foundations of sportsmanship and are demonstrated by the core principles of respect, responsibility, fairness, and good citizenship.

As a NORD Parent, I hereby pledge to provide positive support, care, and encouragement for each child participating in NORD by adhering to the following code of conduct:

I will encourage good sportsmanship by demonstrating positive support at all times.

I will remember that children participate to have fun, and that the game is for youth, not adults.

I will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing and taunting, refusing to shake hands, or using profane language.

I will teach my child that doing one's best is more important than winning.

I will respect the officials and their authority during games.

I will not confront coaches or managers at any time during games.

I will refrain from coaching my child or other players during games.

Alcoholic beverages are prohibited.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action levied by the NORD Disciplinary Committee that could include, but is not limited to the following:

Verbal Warning

Written Warning

Parental suspension for games

Parental season suspension

Parental removal from all league activities

NORD retains the sole authority to determine what, if any, disciplinary action is appropriate for any conduct infraction.



APPENDIX 4: 2021 NORDC Baseball Definition of Terms

Balk

An illegal motion made by the pitcher that may deceive a base runner. All base runners are awarded one base as a result.

Base Coach

A team coach who is stationed in the coach's box at first or third base to direct the batter and runners.

Batter's Box

The designated area where the batter stands when at bat.

Bench or Dugout

Seating area designated for players and coaches.

Bunt

A ball that is batted but not swung at.

Called Game

When the umpire terminates play and ends the game.

Closed League

One of NORDC's sophomore leagues designed to be a skills building developmental league for youth 9-10 years of age.

Dead Ball

A period in the game when the ball is not playable and no movement/advancement can be made by players.

Ground Rule Double

An award of two bases from the time of pitch to all baserunners including the batter- runner, as a result of the ball leaving play after being hit fairly and leaving the field under a condition of the ground rules in effect at the field where the game is being played

Fly Ball

A ball that is hit in the air, usually very high.

Forfeited Game

A game declared ended by the umpire for violation of the rules.

Open League

One of NORDC's sophomore leagues for youth 9-10 with more baseball playing experience.



APPENDIX 5: Post Concussion Medical Clearance Form

POST-CONCUSSION MEDICAL CLEARANCE FORM

NORDC rules require a written statement from a physician that authorizes and clears a player to return to competition after being diagnosed with a concussion.

“If a competitor is determined to have a concussion, he/she shall not be permitted to continue practice or competition the same day. Written approval of a physician shall be required for the player to return to competition. If a physician recommends a player not continue, he/she shall not be overruled”.

The undersigned physician has examined the student player identified below and authorizes/provides clearance for the student player to return to competition on the date and in the event specified below.

<p>PLAYER: _____</p> <p>PLAYGROUND: _____</p> <p>SPORT: _____ RETURN DATE: _____</p>
--

PHYSICIAN SIGNATURE (MUST BE M.D. or D.O.)

DATE SIGNED

New Orleans Recreation Development Commission
5420 Franklin Avenue, New Orleans, Louisiana 70122 504-658-3052 504-658-3050(fax)



APPENDIX 6: POST COVID-19 201.1: USSSA Baseball & Fastpitch Return to Play Recommended Best Practices for the Field-of-Play:

1. Follow all local and state guidelines for facilities and events.
2. The managers meeting at home plate should be limited to one coach from each team plus the umpires. No players at plate meeting. Eliminate the meeting if possible.
3. Where possible, consider options for limiting both the pitching and the scorecard exchanges, in order to reduce person-to-person contact.
4. Allow teams to spread players out; expand the dugout area when room permits and only if player safety will not be compromised. Expansion of the team dugouts should not be done into foul ball areas. Attempt to limit bench personnel to essential team personnel.
5. Encourage parents to supply their players with antibacterial wipes and hand sanitizer for disinfecting shared playing equipment and cleaning hands between innings/quarters/periods.
6. Allow players to wear PPE items if they choose, as long as the items do not compromise the safety of any and all participants in the game.
7. Require teams to clean their dugout of all trash and other items after each game, and to wipe down (clean) hard surfaces such as benches, bat racks, etc.
8. Upon arriving at a dugout for the first time, teams are to disinfect hard surface areas (benches, bat racks, etc.). *Procedures #7 and #8 here will comply with the CDC recommendation of a two-step process for cleaning and disinfecting.*
9. Directors should consider adjusting the playing formats and increasing the amount of time between games, to minimize overlap and traffic flow where needed.
10. Ban the use of sunflower seeds.



APPENDIX 7: POST COVID-19 202.1: USSSA

Recommended Best Practices for Returning to Team Activities

1. Follow all local and state guidelines as well as facility and event guidelines for all team activities.
2. Encourage all attendees to practice social distancing.
3. No team/player handshakes, no team/player high fives, and no group gatherings between teams on the field. Try to keep social distancing between teams. Ask team members to tip their caps to the other team – from across the field – after a game.
4. The managers meeting at home plate should include just one coach from each team plus the umpires. No players at the plate meeting.
5. Allow teams to spread players out; expand the dugout area when room permits and only if player safety is not compromised. Expansion of the team dugouts should not be done into foul ball areas.
6. Encourage parents to supply their players with antibacterial wipes and hand sanitizer for disinfecting shared playing equipment and cleaning hands between innings.
7. Limit person-to-person contact as much as possible.
8. Allow players to wear PPE items if they choose, as long as the items do not compromise the safety of the game.
9. Teams should clean their dugout of all trash and other items after each game. Teams are encouraged to disinfect hard surface areas (benches, bat racks, etc.) upon first arriving at a dugout.
10. In dugouts, discontinue use of water coolers that are provided by tournaments, parks or teams. Players should bring their own, personal cooler instead of using a team cooler. No sharing of water bottles. Each player must have their own water container, or teams should provide disposable cups for their players and coaching staff.