



STMA YOUTH FALL BASEBALL COACH'S GUIDE

Important Information Websites

MYAS - <http://www.myas.org/baseball/gopher-state-fall-baseball-league/>

FYCC Facility Page - <https://fycc.maxgalaxy.net/BrowseFacilities.aspx>

STMA Youth Baseball - <https://www.stmayouthbaseball.org/>

Important Contact Information

MYAS - patrick@myas.org; eric@myas.org

(763)781-2220

FYCC - fyccinformation@gmail.com

(763)464-2854

North Metro Umpires - northmetroumpires@gmail.com

(651)239-9396

STMA Fall Ball Coordinator - Jessica.novelli@associatedbrc.com

(763)954-0154

*Concussion Training – If you do not have a current certificate you must complete before the season starts <https://www.trustedcoaches.org/> - Video is 16 minutes and Quiz is 15 Questions

MYAS Online Roster Instructions

1. If you are maintaining the same roster as your spring/summer team, simply print your “official roster” form and include that form with your Team Entry form and payment when registering for fall league.
2. For all other coaches, if you have previously used a login for the MYAS website use that account. If you do not remember your login information, click on the blue Login button on our homepage and use the “Forgot Password” feature in the MYAS Portal. If you are new to the MYAS Portal system then you may create a new account and team, then complete your roster.
3. To find the location of our online rosters, you first go to www.myas.org and find the blue Login button on the top right side of our homepage. At that point you will be prompted for your username and password. Find your current team you are using for fall league, or if this is a new team create a new team account.
4. Clicking on your team name will bring you to the roster inputting page. All required fields have a red star by them. When inputting birth date, first click on the year displayed (top middle) and page back to the birth year of the player/coach. Then select the month, then day of the players/coaches birth. All coaches that will be on the bench must be on the team roster. Teams are allowed a Head Coach, two Assistant Coaches and a Designated Scorekeeper in the dugout/bench area.
5. After you have completed your team roster, click the green “Roster Print” to produce an official team roster and send that in with your team enrollment form along with payment to the MYAS office
6. For each player you will need the following:
Address/ City/ State/ Zip/ Phone #/ DOB/ Parent Signed Code of Conduct – If your players are current travel players there will already be one on file for each player and no need to re-submit
7. Price per team is \$95/player (2019) if you choose to not receive a Gopher State Hat/Shirt you can submit for \$85/per player and wear travel uniforms. Note that all players must wear the same uniform

Field Assignment

1. All field assignments are done through FYCC.org The field Coordinators are listed in the beginning of this manual. Please do **not** reach out to the city to reserve fields
2. FYCC will assign you a field once they have a complete coaches list from the fall coordinator. They have requested that you only use the fields that are assigned to you, please do not use other fields. If there is a reason you need to switch fields please contact FYCC.
3. Once your field has been assigned you can go into <https://fycc.maxgalaxy.net/BrowseFacilities.aspx> and log in - if you do not have a password please contact FYCC to get log in information. You can reserve your fields at that time, note that you will not know the game schedule until the coaches meeting through MYAS
4. Make sure you select the drop down of game for Sundays – the default is practice. Your field will not be chalked if you select practice
5. Albertville City #3/Rec #1/MSW #1/ HS #18 and #17 are **14+ fields** (90ft field) - rec and city are for games only– you can use MSW #3 and MSW #1 for practice. HS #18 (Varsity Field) is not to be used for fall ball, additionally HS #17 is used for fall soccer and should not be scheduled on during fall
 - Also note that MSW #4 may have fall soccer for the middle school students – we will notify you if that field is no longer usable for baseball
6. All teams are covered under the STMA Youth Baseball Program and MYAS for fall ball insurance, you do not need to provide this to the city. If requested please send them coordinator information and ask them to reach out to them for information. In addition, no STMA Fall Ball team is responsible for paying field fees
7. Fields will be chalked and dragged on Fridays by the city, this means that most likely the field will need some clean up come Sunday. All lock boxes have the code of **MBA** with the exception of the MSW fields, let your coordinator know if you have games there and they will make sure you have access to the shed.
 - For the 14+ fields – COACHES AND PLAYERS ARE RESPONSIBLE TO MAINTAIN THESE FIELDS! You must clean, drag, and re-cover the fields - Note that there is a list of end of game duties posted in both Rec. 1 and City 3 that the City expects to be followed
 - For all Fields - Please do not drag dirt from the sidelines on to the field, the sidelines are mixed with rock and moving that onto the base paths/pitching mound is dangerous for the players.
 - Do not use any riding machines to drag the fields (ATVs or lawn mowers) Only hand rakes are to be used.
8. Inclement Weather Policy – FYCC does the best they can to get weather updates posted on the website as soon as possible, they will also call and let coach know. Note that if there is standing water on the fields games/practices should be cancelled and/or rescheduled.

It is the Coach's responsibility to let the following know of field closures

- Parents and players – if practice/game is cancelled they should not be on fields at all
 - MYAS – Fall Ball – note that **all** games need to be cancelled for the day
 - Umpires – you are responsible getting a hold of your umps and letting them know the game is cancelled.
9. For baseball equipment please contact Tyler Stensland (612)483-4605 tstens2@gmail.com

MYAS Fall Baseball Rules – Majors/Competitive (For More information Please see MYAS website)

1. PLAYER REGISTRATION/ELIGIBILITY

Players in their respective age groups must not reach the next age before May 1, 2020. It is permissible for a player to play up from their designated age division, but they may not play down. A player may only be rostered on one team in the GSFBL. There is a roster limit of 15 players per team.

2. FIELD DIMENSIONS FOR COMMUNITY FIELDS

A. The following base lengths are recommended:

9, 10 year olds - 60 feet

11 year olds - 60-70 feet (GSFBL recommends 65')

12 year olds - 70-75 feet (GSFBL recommends 75')

13 year olds – 75-82 feet	(GSFBL recommends 75')
14-19 & Under - 90 feet	

B. The following pitching distances are recommended:

9-11 year olds - 46 feet

12 year olds - 50-54 feet (GSFBL recommends 52')

13 year olds - 52-54 feet (GSFBL recommends 52')

14-19 & Under - 60 feet, 6 inches

NOTE: For a variety of reasons, at the younger age levels the base and pitching rubber distances vary in length from one city to the next. Be prepared to be flexible, but do not compromise safety.

3. Shoes - Metal spikes are prohibited in the 9-12 year old leagues; they may only use molded cleats or tennis shoes. Players in the GSBL 13-19 year old leagues are allowed to use metal spikes.

4. Bats - Please see the MYAS/Gopher State Bat Standards @ MYAS.org

NOTE: With the transition from spring/summer to fall, the MYAS/GSFBL will be flexible with ages when there is a change in the length to weight ratio or bat drop (i.e. 14U and 15U).

5. GENERAL RULES

A. Each team must supply one new game ball (supplied by the league) for the start of each game. (Additional balls are to be supplied alternately as needed.)

B. The home team will keep the official scorebook. Note: A mutually agreed upon format for each play date will be used so each team is "home team" in one of their games and the "visiting team" in their other game each Sunday.

C. Line markings, field dragging and bases are the responsibility of the host team.

D. Courtesy Runners: A courtesy runner (the last runner to be put out) will be allowed only for the catcher and only when there are two outs. Projected substitutions are not allowed.

Exception: Courtesy Runner(s) for an injured player will be the player making the most recent out.

E. All teams must use a continuous batting order and implement free substitution.

6. CONTINUOUS BATTING & FREE SUBSTITUTION (See Exception)

Continuous batting and free substitution will be used in ALL Gopher State Fall Baseball Leagues at the 9-19 year old age levels.

Exception: The NFHS pitching substitution is in effect for all age divisions. Only a starting pitcher may re-enter once (NFHS Rule 3-1-3).

MYAS Fall Baseball Rules – Rec (For More information Please see MYAS website)

1.PLAYER REGISTRATION/ELIGIBILITY

Players in their respective age groups must not reach the next age before May 1, 2020. It is permissible for a player to play up from their designated age division, but they may not play down. A player may only be rostered on one team in the GSFBL. There is a roster limit of 15 players per team

2.FIELD DIMENSIONS FOR COMMUNITY FIELDS

A.	The following base lengths are recommended:
10/11 & Under: 60-70 feet 12/13 & Under: 70-75 feet 14/15 & Under: 90 feet	(GSFBL recommends 65') (GSFBL recommends 75')

B.	The following pitching distances are recommended:
10/11 & Under: 46 feet 12/13 & Under: 50-54 feet	(GSFBL recommends 52')

14/15 & Under: 60 feet, 6 inches

NOTE: For a variety of reasons, at the younger age levels the base and pitching rubber distances vary in length from one city to the next. Be prepared to be flexible, but do not compromise safety.

3. EQUIPMENT

A. Shoes - Metal spikes are prohibited in the 10/11 & Under leagues; they may only use molded cleats or tennis shoes. Players in the GSFBL 13-15 year old leagues are allowed to use metal spikes.

B. Bats - Please see the 2018 MYAS/Gopher State Bat Standards on pages 6 & 7 of this manual.

NOTE: With the transition from spring/summer to fall, the MYAS/GSFBL will be flexible with ages when there is a transition to a new bat drop.

4. GENERAL RULES

A. Each team must supply one new game ball (provided by the league) for the start of each game. (Additional balls are to be supplied alternately as needed.)

B. The home team will keep the official scorebook. Note: A mutually agreed upon format for each play date will be used so each team is the “home team” in one of their games and the “visiting team” in their other game each Sunday.

C. Line markings, field dragging and bases are the responsibility of the host team.

D. Courtesy Runners: A courtesy runner (the last runner to be put out) will be allowed only for the catcher and only when there are two outs. Projected substitutions are not allowed. Exception: Courtesy Runner (s) for an injured player will be the player making the most recent out.

E. All teams must use a continuous batting order and implement free substitution

5. CONTINUOUS BATTING & FREE SUBSTITUTION

Continuous batting and free substitution will be used in ALL Gopher State Fall Baseball Leagues at the 10-15 year old age levels.

Exception: The NFHS pitching substitution is in effect for all age divisions. Only a starting pitcher may re-enter and only once during that game (NFHS Rule 3-1-3).

6. PITCHING RESTRICTIONS

The Gopher State Fall Baseball League will institute a “pitch count” for league play.

Pitch Counts by Age (Both teams must verify “pitch counts” during and after each game)

10/11 years old League	85 pitches/game or play date
12/13 year old League	95 pitches/game or play date
14/15 years old League	95 pitches/game or play date

*If a pitcher reaches their maximum number of pitches for the day during an at-bat, the pitcher may finish with that batter but must be removed from the pitching position prior to the next batter in the lineup.

PENALTY: Violation of the above rule will result in the ejection of the head coach and a potential forfeiture of the game in question.

Balks will not be called in the 10/11 & Under divisions, but a fake pitch will be considered a balk, resulting in a dead ball and all baserunners advancing one base. The 12-15 year old leagues will be playing by NFHS rules

5. Base running

10/11 & Under: A player may lead off and/or steal after the ball crosses the plate, including a passed ball at home plate. The runner is out upon leaving the base early.

12-15 year olds: A player may lead off and steal at any time (NFHS rules apply).

B. In the 10/11 & Under divisions, a batter may NOT attempt to advance to first base on a dropped third strike. Runners already on base may advance at their own risk.

C. In the 10/11 & Under divisions, a player sliding head first into home plate will be called out.