



2026 Coaches Meeting



LEAGUE OF CHAMPIONS



Introduction

- Matt Beelen - VP Operations
- Bruce Campbell - President
- Greg Fracassi - VP Support
- Divisional Directors
- Umpire In Chief
- Uniform and Equipment
- Matti Emery



ENLL 2026 Focus

Pace of Play

- Umpires will help maintain a steady game flow
- Coaches: Set your defensive lineup in advance to be ready for game time

Coaching Support

- Coach Development Program to provide tools and guidance - Matti Emery.

Practice Commitment

- Aim to hold at least one practice per week to build skills and teamwork



ENLL Philosophy

Our #1 Priority: Creating Ball Fans in a Safe and Fun Environment Fair Play is Fundamental

- Every player deserves the chance to grow and enjoy the game.
- On a 12-player team, each player should have the opportunity to play:
 - 6 infield positions
 - 3 outfield positions
 - 3 bench slots
- Over the season, ensure each player's innings reflect this rotation.

No player should play the same position more than 2x per game



ENLL Philoosphy

Batting Order & Playing Time

- Rotate the batting order regularly so every player experiences different spots in the lineup.
- Prioritize development: success comes from growing all players, not just relying on your strongest.

Safety & Common Sense

- Always prioritize player safety.
- Avoid using safety as a reason to consistently keep top players in key roles.



ENLL Resources

Helpful Tools for Coaches

- Use the Player Rotation Chart, Pitching Log, and Coach's

Parents Matter

- Parents play a vital role in supporting a positive environment.

[Parent Code of Conduct](#)



Coach Expectations

As a coach, you're a leader and role model. ENLL expects you to:

- Prioritize safety, fun, and player development.
- Communicate openly and respectfully with all.
- Model sportsmanship — treat umpires and opponents with courtesy.
- Stay calm, organized, and reduce player stress.
- Address concerns early — involve your Division Director as needed.
- Be prepared and punctual to practices and games.
- Represent ENLL positively on and off the field.
- Lead with integrity — do your best, even when not everyone is pleased.



Equipment



Equipment #1

- **Communication and Requests**

- All requests for equipment are to be made to your Divisional Director - The Divisional Directors will gather these request and provide a consolidated list to Equipment Director.
- Responses can be expected within one week.
- Common Requests:
 - smaller or bigger catchers gear or replacement gear
 - catchers' glove for lefty
 - replacement bats or a different size

- **Equipment Box**

- All diamonds (except Splx and Faulkner) are provided with three bases with special spikes that must be secured to the base strap and hammered into the ground - Rookie diamonds have one orange and white safety bases. Please ensure these bases are secured and that the strap is held by the spike. If you notice a base strap is torn, please advise your Divisional Director and we will replace the strap/base, as necessary
- Code with Directors



Equipment #2

Bats: Use & Care

- Each team bag includes 3-4 high-quality bats — handle them with care.
- Never mistreat equipment (e.g., throwing bats) — may result in ejection.
- Personal bats must meet LL standards (Wood, BBCOR, or USA-stamped).
 - Coaches must check bat sizing.
 - Sharing allowed only with the owner's permission.
- Do not use bats with cracked or popped-off caps — replacements will be provided.



Equipment #3

Balls: Management & Return

- Each set includes game and practice balls.
 - One new game ball per game; extras for playoffs.
- Keep newer balls separate from older ones to maintain quality.
- Reserve at least 12 newer balls for games.
- Return all balls (used and unused) with your gear at season's end.
 - Used balls will be reconditioned for practices to support next year's teams.



Equipment #4

Equipment Care & Return

After Wet Games:

- Unpack gear to dry thoroughly.
- Wipe down bats and gloves; air-dry completely.
- Clean off mud before it dries.

Catcher's Glove Tip:

- Store with a ball in the pocket to maintain shape.

Before Returning Equipment:

- Remove personal items.
- Discard wrappers.
- Empty bag of dirt, grass, and debris.



Uniforms



Uniforms

- Coaches will receive a Uniform Bin
 - 16 Jersey, Pants and Hats
 - Belts/Socks
- Jerseys are sized
 - Lower number = smaller
 - Enter player numbers into Team Snap
- Ensure Players respect the Logo
 - Wash for each game
 - Not for Practice
 - Have full ENLL Uniform for games



Team Planning

- Staff
 - Coach/Assistants
 - Manager
 - Game Coordinators
- Roster of Players/#s
- Email contacts
- Uniforms
- Equipment



Rain Outs

- Home Team Head Coach must observe field conditions more than 90 minutes in advance of the game, decide if playable
 - look for standing water in infield or outfield/wet muddy pitching mound or batter's box)
- Upon deciding to cancel the game, the Home Team Head Coach must:
 - contact the other team's Manager 90 minutes before game time
 - Contact the Umpire Assigner 90 minutes before game time
 - Dave Wiener at umpassigner@eastnepeanbaseball.ca to cancel Umpires
 - contact your players and Coaches;
 - contact your Director and reschedule the game
 - Games must be rescheduled ASAP - do not defer to the end of the season
- To Reschedule games, contact your Divisional Director for field availability, and Dave Wiener at umpassigner@eastnepeanbaseball.ca to reschedule Umpires.



Pre-Game Checklist

- Gear
- Game Balls
- Scorebook
- Pitch Count and parent to count pitches
- Lineup
- Field Location
- Rain Out Contacts
- SR, U19
 - Umpire Gear
 - Bases



In Game Checklist

- Coach Roles
 - Offence = 1B, 3B, Bench
 - Defense = Pitcher, IF/OF
- Scorekeeper and Pitch Count
- Dugout Behaviour
- Game Co-Ordinator if 2 youth umpires



Pitching Limit Rules

Pitching Limit Rules

- In major and below, maximum 2 innings pitched per game. All players who want to pitch should get a chance at some point in season.
- For Junior/Senior, the 2 Inning limit will apply for levels playing only EN teams. Interlock rules apply to any team playing in Interlock.
 - Suggest 2 innings to start the year for arm care.
 - These levels should also be aware of players also playing in HS baseball. Work with players to make sure they are not being over pitched.
- Must track pitches thrown for each pitcher. Please refer to the rule book for pitch limits.



Game Coordinator

- **Game Coordinator Duties (2019)**

If two youth umpires are assigned, the Home team must provide an adult Game Coordinator (not a coach or manager). This person supports the umpires throughout the game.

Coaches must explain the role to the assigned coordinator in advance.



Post Game Checklist

- Clean-up dugouts
- Field equipment away
- EQUIPMENT BIN LOCKED
- Enter Score on Web (directors will send details)
- Communicate any issues with Director (if any)



Reminders

Reminders: Locks, Tarps & Equipment

Locks:

- Always close and lock equipment bins. Report any issues to your Division Director.
- Lock dugout doors at EN1 and Frobel after games/practices.

Tarps:

- Cover mound and home plate after every game/practice.
 - **Mound:** Cover the rubber and landing area — no need to fully cover the back.
 - **Grenfell:** Adjust home plate tarp to better cover the area behind the plate (sprinklers).

Wet Gear:

- Air out wet gear at home — mold forms quickly.

Batting Cage:

- Under Construction. Once open book via Google doc or use on a first-come, first-served basis.



East Nepean Umpire Guidance for Coaches

Umpires Perspective



Umpires

- Message from Tyler Reddick
 - East Nepean Umpire In Chief (UIC)



Game Protocols #1

Pre-Game & Field Conduct Reminders

- **Coaches must be properly dressed** — no sandals.
- **Limit 3 coaches per team** (Rookie division excluded).
- **Only coaches on the field** when umpires arrive.
- **Catchers must wear a mask** when fielding fly balls or during infield warmups.
- **Have catchers and base coaches ready** each inning to keep the game moving.



Game Protocols #2

Game Flow & Field Conduct

- **Pitchers:** 1 minute or 8 pitches to warm up — *keep pace of play moving.*
- Only the **batter and on-deck player** may handle bats.
- **Players stay on the bench** unless on offense or defense.
- To discuss a call: **Ask for time and wait for it to be granted** before leaving the dugout.
- **No phones, tablets, or clipboards on the field** — *except tablets used for scoring.*



Game Protocols #2A

Disputing Calls – Respectfully

- **Ask for time** and wait for it to be **granted** before approaching.
- **Speak only to the umpire who made the call** — not the other.
- Umpires may confer, but **only the original umpire** can change their call.
- **Do not ask one umpire to overrule another.**
- **Accept the final decision** after discussion.
- **Judgment calls are not to be challenged.**



Game Protocols #3

- **No inning may start after 2 hours from the scheduled start time.**
- **Ensure the full inning is completed before starting.**
- **Umpires will notify coaches that the inning is likely the last before it begins.**
- **10-run mercy rule after 5 innings (4 1/2 if the home team is ahead).**
- **After the game, have your team line up for handshakes with opponents and umpires before the post-game talk.**



Rookie Umpires

- One umpire at every Rookie game.
- This will likely be a youth umpire.
- Please treat them with respect and work with them to make sure rules are followed
- Youth umpire will be aware of and enforce Rookie specific rules
 - Pitching distance
 - Number of pitches to batters
 - Baserunning rules
- They will need help in calling fair/foul balls



Safety Officer

- Each team will need to provide a first aid kit suitable for baseball.
 - The first aid kits are highly recommended to be purchased with Team funds and will not be provided by East Nepean
 - Teams should identify any parent on the team that has first aid training.
- Each volunteer who has access to children (vulnerable sector) will require an Ottawa Police Service (OPS) Level 3 Vulnerable Sector Check, these include:
 - For 2024 and beyond it will likely be enforced by Little League Canada
- All coaches must complete and provide a copy of their Level 3 Check to the League within the first 2 weeks of the season.
 - Send to safety@eastnepeanbaseball.ca
- VSS can be requested online at the [Ottawa Police Service Website](#)
- In the event of an emergency:
 - Call 911
 - Provide the 911 person the field address (available on the ENLL website - <http://www.eastnepeanbaseball.on.ca/fields>)
 - Administer first aid to the injured player. All other players should stay where they are or return to the dugout.



Awards (Keep in Mind)

You're Safe Umpire Award: Presented to a youth umpire recognizing their contribution in making the game an event for the players of East Nepean Little League.

The Buddy Award: Presented to an outstanding helpful assistant in the Challenger Division.

The Campbell Award: Presented to a player in each age division who best exhibits the spirit that Jason Campbell showed in his battle in fighting cancer. This player shows continuous hustle, eagerness to do their best and be supportive of his/her teammates.

The SAM Group Award: Sponsored by Steve Maher (Owner of Sam Group) to the player that exhibits commitment to practicing and shows determination to improve.

The Volunteer Award: Self explanatory. Nominations for this one should also include the reason why you are nominating a specific volunteer.



Practice Schedule

- A practice field google document will be available for all teams to book practice time.
 - Please follow the general rules as listed on the google document
- ENLL has picked up a lot of extra fields for practice this year
 - No excuse for teams to not be practicing.
- Eagles Nest is not only for Canadian or All-Star
- If additional practice time is needed - coaches can get creative by going to other city fields not being used.
 - Example St.Elizabeth Ann Seton School has a ball field that is rarely ever used - perfect for batting practice



Batting Cage

- Once it is ready
 - Google Document will be used to book time.
 - Directors will provide the code.
 - Outside of those time it is first come first served.
 - If non-East Nepean people are in the cage we should get priority - please be civil.



2026 Rules

- House League Rules - see website for most up to date Rules document.
- Using standard D2 spring interlock for JR, SR and U19 interlock



Rules Highlights

- Field set up - home team
- Game balls - home team
- Home team always on 3rd base line bench
- Pitching Limits - track pitches and be aware of limits and mandatory rest
- Mercy Rule - game ends with the 10 run rule after 3.5 innings
 - If teams agree they can continue the game even if it is impossible to come back due to the 5 run per inning rule.
- Number of Coaches
 - Rookie can have 4 - always one on bench
 - All other levels 3 but still always one on the bench
- Call-ups
 - Canadian level teams can call up national from same division
 - National level teams can call up from provincial of same division or national of division below.
 - Major players cannot be called up to junior.



Rules Highlights

Pitching Limits

Little League International is serious about pitching limits. The rules require that someone count all pitches, including 2-strike foul balls.

League Age Pitch Limits

- 9-10 (Minor) 75 pitches per day
- 11-12 (Major) 85 pitches per day
- 13-16 (Junior, Senior) 95 pitches per day
- 19-U – See District Rules

Rest requirements for players aged 14 and younger:

- 1-20 pitches no rest required If pitched Monday, wait until Tuesday.
- 21-35 pitches 1 calendar day of rest. If pitched Monday, wait until Wednesday.
- 36-50 pitches 2 calendar days of rest If pitched Monday, wait until Thursday.
- 51-65 pitches 3 calendar days of rest If pitched Monday, wait until Friday.
- 66+ pitches 4 calendar days of rest If pitched Monday, wait until Saturday.



Rules Highlights

6.5 Call-Ups

- Managers should call up players from a lower division to ensure a roster of 8-10 players if others are unavailable (due to illness, injury, etc.).
- Called-up players are treated like regular team members, subject to the rules below.
- Players cannot be called up if they have a game with their regular team.
- Refer to interlock rules for Senior and Junior Divisions.
(<https://d2llontario.ca/SMaLL/Documents/CurrentInterlockRules.pdf>)
- No call-ups from the same level (except in Rookie National division).
- Called-up players cannot pitch.
- Canadian-level teams may call up National-level players; National-level teams may call up Provincial-level players (or lower division National players if no Provincial level exists).
- No call-downs: players cannot move to a lower division.



Division Specific Rule Highlights

- Major Canadian
 - Dropped 3rd strike rule is in play
 - 4 runs per inning (is this correct)
 - Catchers may be replaced on base with two outs
- Major National
 - Dropped 3rd strike rule is NOT in play
 - 3 runs per inning
 - Catchers may be replaced on base with two outs



Division Specific Rule Highlights

- Minor Canadian
 - 4 runs per inning
 - Catchers may be replaced on base with two outs



Division Specific Rule Highlights

- **Minor National - major changes this year**
- **NO WALKS:** When there are 3 balls, a coach (from the team that is hitting) will pitch for the pitcher (no tee). This is to encourage players to swing the bat.
 - Coach Pitching:
 - 3-0 count: 3 pitches to put the ball in play.
 - 3-1 count: 2 pitches to put the ball in play.
 - 3-2 count: 1 pitch to put the ball in play.
 - Foul balls extend at-bat.
 - Any pitch from the coach is a strike, including balls that bounce or sail.
 - Coaches can pitch from 38 feet (same as Rookie Canadian).
 - Coaches are permitted a couple warm up throws if they feel they need it.
- **Infield Fly Rule:** Not in effect.
- **Runs per Inning:** Max of 3 runs per inning.



Key Messages

Remember that this is just a game.

This is all about **LEARNING**.

Umpiring: new and young umpires, mistakes are made, have tolerance.

Be aware of other Tournament/League play (High School).



Wrap Up / Q&A

- Questions after the meeting, contact your Director
- <http://www.eastnepeanbaseball.on.ca/contact>



LEAGUE OF CHAMPIONS



Helpful Links

- See ENLL Website for
 - <http://www.eastnepeanbaseball.on.ca/resources>
 - Line Up Tracker
 - Pitch Count Forms
 - And more
- Little League University
 - <https://www.littleleague.org/university/>
- JR/SR See District 2 Website for (SR and U19)
 - Schedules
 - Rosters
 - Game Score/Pitch Count Entry



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