



2026 Coach's Packet

Stillwater Area Sports Assoc. (SASA)

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SASA RAINOUT INFO

(405) 533-3753

You can also sign up to have rainout info emailed to you.

www.stillwaterareasports.com



2026 Baseball/Softball Coaches Information

Due by COB on Feb 25.

We cannot guarantee all schedule requests; however, we will do our very best! We would encourage every team to identify an assistant coach to take over in the event you cannot be at a practice or a game. Thank you for your cooperation!

Paperwork to be returned to SASA office...

1. Coaches Information Sheet/Bad Play Day Form (*This sheet*)
2. Coaches Code of Ethics

Coaches Information (*All league info will be sent to email address or cell# listed below*)

Head Coaches Name: _____

Coaches Cell: _____

Coaches Email: _____@_____

Division Coaching:

☐ KBall ☐ TBall ☐ 8U Coach Pitch ☐ 10U Baseball ☐ 12U Baseball ☐ 14U Baseball
☐ 8U Coach Pitch Softball ☐ 10U Softball ☐ 12U Softball

You may request 1 day of the week (**ONLY 1 DAY**) to not play games.

M Tu Wed. Thurs. Fri. Sat.

Any concerns or conflicts SASA should be aware of?



Stillwater Area Sports Assoc. Coaches Code of Ethics Agreement

Prior to participating as a coach in any Stillwater Area Sports Association (SASA) related activity, I agree to encourage, demand, exemplify and abide by the following:

1. I accept the duty the duty and obligation to report any known illegal or unethical conduct by any coach, assistant coach, officer, official, spectator, board member or director.
2. I will comply with all SASA rules, bylaws, certifications, regulations and decisions as well as all applicable governmental rules, regulations and laws. I understand that I may request a copy of the SASA articles and bylaws, or review them during regular business hours at the SASA office, and agree to be bound thereby.
3. I agree to ensure that every participant has completely complied with the registration process including completion of all registration forms, waivers, and payment or fees.
4. I will strive to exemplify and instill in my participants that while winning may be an immediate objective, it is secondary to fairness, honesty, integrity, sportsmanship, strength of character, and participation.
5. I will encourage and maintain an optimum sports environment for participants.
6. I will (a) provide a drug free environment; (b) provide conditioning and training instruction to optimize safety and health while minimizing injury; (c) provide equal opportunity for each participant to engage in any SASA activity; (d) provide positive encouragement to each and every participant regardless of race, color, creed, gender, religious orientation, disability, inability, parental influence or economic status.
7. I will require parents and associated spectators to conduct themselves in a manner consistent with the purpose and aims, while also leading by example.
8. I acknowledge and agree that SASA has complete and absolute discretion as to whether an individual is qualified to be a coach in SASA's sports leagues. I understand that before a final decision is made by SASA as to my qualifications to be an SASA coach or any other requirements are imposed for me to be an SASA coach, I will be given an opportunity to present my position on the matter to the SASA board. However, I agree that any decision made by the SASA Board shall be final and I agree to be bound by and follow any such decisions by SASA.

WHEN YOU SIGN THIS AGREEMENT, YOU ARE CERTIFYING THAT YOU HAVE READ AND UNDERSTOOD EACH ITEM, AND YOU ARE VOLUNTARILY WAIVING ANY CLAIM YOU MAY HAVE AGAINST SASA OR THE CITY OF STILLWATER IN THE EVENT YOU ARE SANCTIONED AS A RESULT OF ANY VIOLATION OF THE TERMS OF THIS AGREEMENT. YOU ARE AGREEING TO FOLLOW ANY RULING OF THE SASA BOARD WITH REGARD TO YOUR QUALIFICATIONS TO BE A COACH IN ANY SASA SPORTS PROGRAM.

(PLEASE SIGN BELOW)

PRINT NAME: _____

SIGNATURE: _____ DATE: _____





Coaches/Parent/Staff/Spectator

Awareness and Expectations

Prohibited Behavior

1. Use or under the influence of tobacco and/or alcohol in the presence of SASA athletes.
2. Use of degrading language or behavior. Coaches are also responsible for stopping disrespectful behavior between team members, including sexual harassment
3. Threatening or intentionally inflicting physical injury upon anyone, especially a minor. Coaches are also responsible for stopping threatening behavior by players.
4. Committing any sexual offense against a minor, or engaging in any sexual contact with a minor.
5. Making any sexual advance, or engaging in other verbal, or physical conduct of a sexual nature with a minor.
6. Non-related one-adult/one-child interaction except in an emergency where following this policy would be dangerous to the child. In an emergency situation, the coach or volunteer must contact a representative of the organization to inform him or her of this contact and the reason for it. If a child is receiving individual instruction or working with a private coach, this activity must be in a public setting rather than behind closed doors.

Reporting of Suspected Child Sexual Abuse

1. A member of the Board of Directors or other official representative will be designated to receive reports of sexual abuse or other inappropriate conduct. This representative will promptly notify the proper law enforcement agencies.
2. All coaches, volunteers, parents and program participants are directed to report any incident of abuse or suspected abuse that they witness or that is reported to them to the designated representative of the Board of Directors. *Note:* This does not preclude individuals from reporting abuse, suspected abuse to the proper law enforcement authorities.
3. The designated representative will keep other Board members fully informed.
4. Should a suspected incidence of abuse be reported, the coach/volunteer in question may be temporarily suspended from duties while an investigation takes place.
5. The Board of Directors, when appropriate, shall communicate reports of child sexual abuse to the league members. The confidentiality of any who makes such a report will be protected.



Little League Baseball

Program Organization and Administrative Personnel

The SASA Rec. Baseball Program shall be operated under the direction and supervision of the SASA Directors and their staff, all of whom are employed by SASA. **The final decision(s) on anything covered or not covered in this rule book will be made by the SASA Board of Directors and/or its representatives. Be it understood that by coaching in this program, you accept the purpose, direction and philosophy of the program.**

Purpose

The general purpose of the SASA Rec. Baseball Program is to allow each player to grow within the game through fundamental development, physical fitness, sportsmanship and inspiration.

Philosophy

The established philosophy of the SASA Board of Directors is that all participants enrolled in youth sports have the guaranteed right to play in every game regardless of skill level. However, SASA understands that practice habits, attitude and effort are contributing factors towards playing time.

Sportsmanship

1. Poor sportsmanship and/or foul language will not be tolerated. Any derogatory remarks to officials, opposing coaches, fans, or players can result in suspension from play or forfeiture of the game.
2. Any coach/fan/parent ejected from a SASA event (games or practices) must leave SASA property immediately and may not re-enter SASA property for the remainder of the day.
 - a. Ejected coaches will be suspended from coaching their team's next game.
 - i. If the coach is responsible for multiple teams, the suspension will apply to the next game of the team involved in the ejection.
 - ii. If the coach is coaching multiple teams in the same sport/season and the ejection occurs during the last game of one team's season, the suspension will be served during the next scheduled game of the other team.
 - iii. If the ejection occurs during the last game of the season and the coach will be coaching in a future season or another sport, the suspension will carry over to that team's first game of the next season.
 - b. Ejected fans/spectators/fans will be suspended from attending their team's next game.
3. Ejected coaches/fans/parents may petition to the SASA Board of Directors through the Grievance Chair to have their suspension nullified.
4. Repeated ejections or acts of poor sportsmanship and/or use of foul language could result in suspension or removal from all SASA programs for the remainder of the calendar year.



8U Baseball Rules

(Anything not covered in this rules package will revert back to USSSA Rules. If not covered by USSSA Rules, NFHS Rules will be applied.)

Participation

10 players are allowed to take the field in defensive positions. All players must take a defensive position for at least a half inning. No player can sit out two consecutive innings unless injured or he/she declines to participate.

Length of Games - 55 Mins or 5 Innings

1. Games can end in a tie; no extra innings will be played.
2. Umpires will keep official game time.
3. A new inning begins as soon as the 3rd out is called on the bottom half of the previous inning.
4. Each team must have a minimum of 8 players to start a game.
 - a. There will be a 5-minute waiting period given to a team that is waiting on their 8th player to arrive to play an official game.

Per Inning Run Limit

The offense may score a maximum of 5 runs per inning. After the 5th run scores no other runs will be recorded for any reason.

Base and Pitching Distances

65ft bases/ 46ft rubber

Bat Specs.

All bats in use must be one of the following;

1. Permanent USSSA stamp (BPF 1.15) on the taper of the handle OR
2. USA BASEBALL stamp on the taper of the handle OR
3. Made of at least 51% wood.

SASA reserves the right to inspect, approve or banish any bat that does not conform to safety standards.

*First Offense –If it is discovered by the umpire that an illegal bat has been used to put a ball in play, the defensive team (before the next legal pitch) will have the choice to take the result of the batted ball or the batter will be called out and baserunners will return to their position on base before the pitch that was hit.

**Second Offense – The offending team's manager will be ejected as well as the first offense penalty.

Official Baseball

Standard 9" game balls will be provided by SASA.

Uniforms

Color coordinated jerseys with numbers on back are required. Baseball pants or shorts are allowed. Cleats are preferred but not mandatory.

Helmet Rule

Helmets are to stay on at all times while an offensive player (hitter or runner) is outside of his/her respective dugout.

Starting and Ending a Game

1. A flip of a coin between the two teams shall determine the home team.
2. A regulation game consists of five (5) innings unless the game is:
 - a. Shortened due to a Mathematical Run Rule.
*In the event of a Run Rule game in which players on either team have not yet batted at the time of the Mercy Rule; all game stats are to be recorded at the time of stoppage yet the game will continue as long as there is time left on the game clock or until all players get 1 at bat.
**In the event of a mathematical run-rule the home team may not get the last AB.
 - b. Shortened because an imposed Time Limit expires; or
 - c. If a game is called due to rain, Weather, light failure or other acts of Nature and cannot be resumed it is a regulation game if two (2) innings have been completed. If 2 innings have not been completed then the game will be resumed from the exact point it was stopped at a later date.
3. Teams must use a continuous line-up, of all registered, uniformed players present and may move freely in defensive positions with the exception of the pitching position. The offensive batting line-up can not change during the course of the game, yet open defensive position substitutions are allowed at any time. Any player(s) arriving after the game has begun, shall be added to the bottom of the batting line-up. If a player has to leave the game for any reason other than a medical issue, that position in the line-up becomes an auto-out when that at bat comes around.
4. Teams may play an official game with an eight (8) player line-up. If a team plays with an eight (8) player line-up, an out shall be declared for the ninth (9th) position in the batting line-up each turn at bat. A ninth (9th) player and all subsequent players may be added to the bottom of the batting line-up as soon as they become available. *If a player is listed on the line-up but not present then an auto out must be taken when their spot of the order is up. Don't list players until they arrive to avoid an auto-out.
5. A team may continue a game with a minimum of eight (8) eligible players.
6. At any time, the offensive team may use a courtesy runner for the catcher of record from the previous inning on defense. The courtesy runner shall be the player making the last batted out or is farthest away from the catchers position in the line-up if no outs have been recorded. The re-entry status of the courtesy runner and catcher shall not be affected by this rule. If at any time, a courtesy runner is determined to be ineligible, a proper replacement pursuant to these rules (if available) shall be used without penalty.
7. **Coaches must throw overhand between the pitching rubber (46ft) and the 30ft safety arc as long as they are in a direct line between Homeplate and the pitching rubber.**
8. When a batted ball hits the adult pitcher while he is attempting to avoid contact the ball is dead, the batter is awarded first (1st) base and all runners shall advance one (1) base. If the adult pitcher does not make an attempt to avoid contact the batter is out and all base runners return to their previously occupied base.
9. The adult pitcher shall be at least eighteen (18) years of age. *Defensive coaches shall not be allowed on the field of play and shall coach from the dugout area.

RULE 9 ADDITION. The adult pitcher must leave the field of play once a ball has been hit and they may not return to the field of play until "Time" has been called. This will prevent players from throwing the ball to the adult pitcher before time has been called and also ensure the adult pitcher is not in the way of a throw across the diamond.

Typically the adult pitcher will leave the field of play beyond the 1st or 3rd base foul lines (opposite side of where the ball is hit).

10. Ten (10) defensive players shall play in the field with four (4) outfielders. The fourth (4th) outfielder shall not assume an infield position. All outfielders must start each pitch in the outfield grass and may not assume the typical functions of an infielder. Example... Right fielder may not receive throws at 1st base.
11. Safety Arc: There shall be a thirty (30) foot arc drawn from first (1st) baseline to third (3rd) baseline in front of home plate. Infielders must stay behind this line until the ball is hit. In the absence of a painted line all infielders must be positioned no closer than the beginning of the dirt area at the pitchers mound prior to each pitch. This is roughly 30ft in distance.
12. Pitching Circle: There shall be a ten (10) foot diameter circle with the front edge at thirty-seven (41) feet from the rear point of home plate. The player pitcher must have 1 foot within this circle prior to each pitch. In the absence of a painted line player pitchers must be positioned with 1 foot in the dirt area around the pitchers mound prior to each pitch. This is roughly a 10ft circle. The defensive player listed as pitcher shall not leave the pitching circle (or dirt area in absence of painted line) until the ball is hit. *Rule 12 Penalty: The play continues. After the play has ended, the offensive team has the option of taking the result of the play or no-pitch. **Additional Penalty: First Offense: Warning; Second Offense: Removal of player from the pitching position for the remainder of the game.
13. Once a pitch has been hit the batter (now a runner) may advance around the bases until stopped by defense. Once stopped on the bases and time is called all base runners may only advance once a pitch has been hit.
Example...A batter/runner may advance all the way home on a swinging bunt and 9 overthrows.
Example...A batter/runner that is stopped at 2nd may only advance by a hit pitch.
14. Umpires shall call "Time" when the **LEAD** runner is...
 - a. no longer attempting to advance
 - b. the defense (any player) posses the ball on the infield.

The player pitcher having possession of the ball within the pitchers circle or dirt mound area has no effect on stopping play. If a defensive player does not posses the ball or is not on the infield "Time" will **NOT** be called irregardless if runners are attempting to advance or not.

*Rule 13 Comment: When a runner stands off a base and "jukes" or "feints" back and forth, this is to be interpreted as "not attempting to advance" and "Time" shall be called.

**Rule 13 Comment: Players should be taught to never throw the ball to the adult pitcher unless time has already been called. This will lead to an errant throw or the adult pitcher not being able to stop the throw and runners advancing. Always end a play by getting the ball back to the player pitcher.
15. The Infield Fly Rule shall not be in effect at any time.
16. **A team may score a maximum of five (5) runs per inning.**
17. The batter shall receive a maximum of six (6) pitches or three (3) swinging strikes. A batter can not end their at bat on a fouled ball that is not caught.
18. **Bunting is not allowed.**
19. **Runners shall not lead-off or steal bases.** A runner is out for leaving the base before the ball is hit.
20. A courtesy runner for catcher of record only the previous inning may be used. The courtesy runner shall be the player that made the previous out. If no outs have been recorded in the game, the courtesy runner shall be the player in the line-up farthest away from the catchers line-up spot.