



2026 Coach's Packet

Stillwater Area Sports Assoc. (SASA)

315 E. 9th Ave

Stillwater, Ok 74074

Phone: (405) 533-2532

Fax: (405) 533-2538

Executive Director

Carolyn Walstad

Carolyn@StillwaterAreaSports.com

Operations Director

Jared Szlichta

Jared@StillwaterAreaSports.com

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.



10U 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.)

Length of Games - 65 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.

Base and Pitching Distances

65ft bases/ 46ft pitching distance

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

9" standard 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.

Home Team

The home team shall be designated by a coin flip before each game.

Helmet Rule

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

Gameday Rules

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. Only the Starting Pitcher may re-enter to the pitching position. All other pitchers can not re-enter to the pitching position.
6. At any time, the offensive team may use a courtesy runner for the catcher or pitcher 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 or pitchers position in the line-up if no outs have been recorded. The re-entry status of the courtesy runner, catcher or pitcher 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. **A maximum of five (5) runs can be scored per offensive inning.**
8. Nine (9) defensive players shall play in the field.
9. **Pitchers will be issued 2 warnings then all following baulks will be enforced.**
*Baulks will only be called if its determined that the pitcher is attempting to gain a competitive advantage over a baserunner(s) or batter with an illegal motion or movement. We don't want to dominate a pitcher's mind with mechanics while strikes are at a premium.
10. A batter shall be automatically out on a dropped / missed third (3rd) strike by the catcher.
11. **Bunting is allowed.**
*If attempting a squeeze play, the runner at 3rd will automatically be called out if the batter does not make contact with the pitch since you cannot steal home plate.
12. **Runners shall not lead-off but may advance at their own risk (steal) once the pitcher has RELEASED the pitch.**
***Base runners may only steal 1 base per pitch.**
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. Runners shall not advance from third (3rd) base to home unless the runner is batted home or forced by a base on balls, hit batsman, or award from the Umpire. Runners shall not advance from third (3rd) base to home on passed balls, wild pitches or dropped / missed third (3rd) strikes by the catcher.**

a. ADDEMDUM Runners who started the pitch at 3rd may advance home at will only when the catcher attempts a “backpick throw” to third base. Without an attempted “backpick throw” by the catcher all of rule 14 still applies.

15. The Infield Fly Rule shall not be in effect at any time.
16. ONE DAY MAXIMUM: In the 9U – 12U age divisions, a player may legally pitch a maximum of six (6) innings in one (1) day. The player would be ineligible to pitch the next day.
17. ONE DAY MAXIMUM TO PITCH THE NEXT DAY: 9U – 12U age divisions, a player may legally pitch a maximum of three (3) innings in one (1) day and still legally pitch the next day. If the player pitches three and one-third (3 1/3) or more innings in one (1) day, the player cannot legally pitch the next day.
18. A player that pitches more than three (3) innings in one day MUST rest the next day.
19. For all cumulative totals in this rule, one (1) out equals one-third (1/3) of an inning, two (2) outs equals two thirds (2/3) of an inning and three (3) outs equals one (1) full inning. A pitcher that pitches in a game and records no outs is not charged with any innings pitched.
20. Outs recorded during a game that ends in forfeit shall count towards a pitchers’ innings limits.
21. For purposes of pitching limitations rules, a pitcher is in violation of the rule if he records any out above the legal pitching limits pursuant to these rules.
*Rule 20 Exception: Exceeding the maximum innings allowed in the case of a double or triple play shall not be counted against the pitcher for the purpose of this rule but shall be counted towards the pitcher’s limits with regards to the eligibility to pitch the next day, etc.
22. It shall be the responsibility of each team to challenge pitching violations by notifying the Umpire and then filing a Protest with the League Director. A protest may be filed at any point after the pitcher in violation records any out beyond his legal limit AND while the pitcher in violation is in the game as the pitcher of record. If such violation is the last recorded out of the game, the protest MUST be filed prior to the Umpires and the protesting team leaving the field of play.
23. Rule 20 Penalty: Any violation shall result in immediate forfeiture of the game. If such violation occurs.