

# Baseball Alberta



## Return to Play Plan



# Return to Play Plan

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\*\*Completion of these documents is **mandatory**.



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## INTRODUCTION

Baseball Alberta is excited to see many teams beginning to register and take the field using our Return to Train Guidelines. As we move into Phase 2 of our plan, we must continue not to exceed any government mandates while we are training or playing modified games.

Each association must carefully consider the best approach to take when reopening training and modified gameplay, just as each family can choose whether to participate in either a Return to Train or Return to Play scenario. We recognize there will be different levels of comfort from individuals and associations. Baseball Alberta will fully support associations who choose to remain closed for the season or who solely choose to stay with the Return to Train activities. Although there will be a level of competitiveness in any game scenarios, those associations who choose to move to the Return to Play model should stress that these games are designed as **developmental opportunities**, rather than being for the purpose of declaring a winner.

Baseball Alberta also advises all our member associations to continue to work with their local city/municipality as each municipality may have different restrictions and limitations for on-field bookings and activity.

The Baseball Alberta Board of Directors and staff's focus continues to be the health and safety of our athletes, coaches, officials, volunteers and fans. We respect the orders and restrictions that have been put in place in our province by our Chief Medical Officer of Health and her team.

We ask organizations at all levels of membership to actively communicate our official information updates by posting this information on their websites, sharing it via email and using social media. Alberta Health Services encourages all Albertans to voluntarily download the ABTraceTogether mobile app to help identify and isolate positive COVID-19 cases.

For more information about the ABTraceTogether app, please visit:

<https://www.alberta.ca/ab-trace-together.aspx>

\*It is important to note that these guidelines were published using the information available from Alberta Health Services (AHS) as of June 17th, 2020 using the Guidance for Organized Outdoor Sport, Physical Activity and Recreation. All guidelines must adhere to the most recent public health orders as posted on the COVID-19 Orders and Legislation webpage.



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## TIMELINES FOR A RETURN TO BASEBALL

The following timeline can only be implemented once government restrictions (provincial, municipal) have been lifted and Baseball Alberta resumes the sanctioning of activities. Phase 1, 2 & 3 in this document refer to the timeline that Baseball Alberta will progress through our Return to Play plan and not Stage 1, 2 & 3 of the Alberta Relaunch Strategy. Phase 3 details will be released as more information is made available and restrictions are lifted.



### WE ARE HERE – Phase 1

**Return to Train:** June 15<sup>th</sup>, 2020 – Return to Modified Training (No Contact)

Conditions: All “Phase 1 - Return to Train” conditions are met.

Restrictions: **NO CONTACT; No league or exhibition games allowed**

### Phase 2

Return to **Modified** Gameplay: Date July 1<sup>st</sup>, 2020\* – Return to Modified Training & Games

Conditions: All “Phase 2- Return to Modified Games” conditions are met.

Restrictions: **NO CONTACT; No league games. Exhibition games allowed within association.**

**Umpires cannot be used during Phase 2 until further notice. The assigning of umpires will soon become available following the Phase 2 launch.**

### Phase 3

**Modified** Game Expansion: Date **July 15<sup>th</sup>, 2020\* - Tentative** – Expanding Cohorts to local teams for modified games – cohort registry application form will be available on the Baseball Alberta website. More information on the Cohort Registry will be made available closer to the Phase 3 launch date.

Conditions: All “Phase 2- Return to Modified Games” conditions are met plus the expansion of cohort groups within Alberta. Phase 3 must be approved by the Baseball Alberta Board of Directors.

Restrictions: **NO CONTACT; No league games. Exhibition games allowed with cohort team within the same region.**

\*dates are subject to change.



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## GENERAL ACTIVITY REQUIREMENTS

\* A responsible person over 18 must oversee the activity to ensure health guidelines are adhered to.

All baseball activities must adhere to these government mandates.

Requirement	Description / Application	Link to Resource
<b>Social Distancing</b>	<p><b>Keep at least 2 metres (about the length of a hockey stick) from other players and coaches when arriving at your session, as well as during the session, with the exception of force plays at bases. Limit the number of times you leave your home. Ride sharing is discouraged wherever possible.</b></p> <p>With the exception of force plays at bases, participants must remain 2 metres apart at all times. All pregame warmups and drills created and implemented must ensure physical distance requirements are met. No usage of dugouts to store equipment, bags etc. Dugout only to be used during game play with a maximum of three people in the dugout at any time (more detail on page 7). When not in the dugout, players will have designated seating on the spectator bleachers. Parents should remain aware of the social distancing guidelines if they plan on staying for the duration of the session. Players must only be at the premises while they are participating in the activity session.</p>	<p><a href="https://www.alberta.ca/pr-event-the-spread.aspx">https://www.alberta.ca/pr-event-the-spread.aspx</a></p>
<b>Gatherings</b>	<p><b>The activity must align with current gathering restrictions issued by Alberta Health Services.</b></p> <p>Cohort Gatherings are restricted to 50 people. Vulnerable participants should not participate in group settings. For sport and recreation, a gathering includes spectators, officials, coaches, and players gathered at the same location. Parents choosing to stay at the session will be included in the total gathering number limit.</p> <p>Only games within the <b>SAME</b> association are allowed at this time.</p>	<p><a href="https://www.alberta.ca/restrictions-on-gatherings.aspx">https://www.alberta.ca/restrictions-on-gatherings.aspx</a></p>
<b>Hygiene</b>	<p><b>Promote and facilitate proper hygiene measures for employees, volunteers and patrons.</b></p> <p>Activity organizers must ensure participants comply with all hygiene measures in effect. See link for further detail on hygiene measures.</p>	<p><a href="https://www.alberta.ca/infection-prevention-and-control.aspx">https://www.alberta.ca/infection-prevention-and-control.aspx</a></p>
<b>First Aid</b>	<p><b>Activity organizers must ensure personal protective equipment is immediately available IF first aid treatment is required.</b></p> <p>Recommendation that a family member attend to injured player if available. If not possible, attending person must wear medical gloves and mask.</p>	<p><a href="https://www.alberta.ca/assets/documents/covid-19-guidance-for-wearing-non-medical-masks.pdf">https://www.alberta.ca/assets/documents/covid-19-guidance-for-wearing-non-medical-masks.pdf</a></p>



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## ORGANIZATIONAL GUIDELINES

Organizations providing baseball programming must abide by these guidelines when organizing an activity.

Requirement	Description / Application
<b>Waivers</b>	All Participants (or parents/guardians if under 18 years of age) must sign an Informed Consent – Assumption of Risk Agreement plus provide a Declaration of Compliance prior to participating in any sanctioned baseball activity.
<b>Scheduling</b>	Activities must allow a buffer between games and avoid an overlap of players on the field and/or congestion during pick-up / drop-off.
<b>Spectators</b>	Parents should remain aware of the social distancing guidelines if they plan on staying for the duration of modified games. Parents choosing to stay at the session will be included in the total gathering number limit. Spectators must be appropriately distanced around the side fence and outfield fencing if they are planning to watch the game. Spectators may not be on bleachers by home plate.
<b>Hygiene</b>	All players and coaches must ensure that they have washed their hands prior to arriving at the diamond. Hand sanitizer containing at least 60% alcohol is an acceptable alternative. Make sure bathrooms are always stocked with soap and paper towels. Provide hand sanitizer and consider placing it next to the diamond entrance/exit and next to any shared equipment.
<b>Signage</b>	Ensure proper signage is visible to all participants attending the session prior to their arrival. Signage requirements may differ between locations. Please check with your association or local municipality regarding signage requirements.
<b>Equipment</b>	<p>Ensure that all equipment is cleaned before and after use with disinfectant, concentrating on points of contact. Participants must bring their own personal equipment (helmets, gloves, bats, etc.- not to be shared). Ensure equipment not being used is in players individually marked bags. <b><u>Sharing equipment that is handled by hands or head, and other personal items should be minimized. Sanitization of hands and baseballs should be priority.</u></b></p> <p>Coaches to set up training equipment (sanitized prior to arrival) and distancing cones for each station. Coach to put on surgical gloves to handle set up of all sanitized equipment. Coach will be required to use own equipment for demonstration purposes.</p>
<b>Food + Water</b>	Staff/Coaches and Participants should eat at home before or after visiting the diamond or training facility. They should also use their own clearly labeled water bottles, which should be cleaned before and after each use. Do not bring other food (gum, sunflower seeds) to the facility. Concession operations must meet the government of Alberta guidelines.
<b>Health Check</b>	All staff/coaches and participants are to provide verbal confirmation as per a “COVID-19 symptoms checklist” upon arrival at the diamond to ensure they are not experiencing any symptoms related to COVID-19.
<b>Contact Tracing</b>	Contact tracing logs for all participants and parents/guardians dropping off players must be completed for each session and be available to be accessed quickly to ensure efficient contact tracing. Contact Tracing logs can be done online or completed onsite by a responsible adult.
<b>Cohorts</b>	<p>Cohorts and bubbles should remain together during Stage 2 of Relaunch and only play within the same geographical region (e.g., within a county, town or quadrant of a city). Sports teams can play in region-only cohorts of up to 50 people (including, coaches, umpires, players). It is meant not to have individuals from outside of the immediate region training or playing with each other during stage 2.</p> <p>For Stage 2 of Relaunch, activities should be restricted to <b>local community opportunities</b>. Participants should not seek sport, physical activity and recreation opportunities in other regions, or out of province. Cross-jurisdictional, or inter-regional, play should not occur during this stage.</p>



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## RULES FOR RETURN TO PLAY

### Game Setup:

- No plate meeting to exchange lineup cards.
- Unlimited substitution at all levels.
- A maximum of 3 people allowed in the dugout at any time. This does not include the on-deck batter. The purpose of allowing athletes in the dugout is to promote pace of play. Athletes should cycle through the dugout as dictated by the batting order to keep the game moving. People inside dugout must always maintain 2 metres of separation.
- Each team will provide game balls and be responsible for their own baseballs during the game. Each team will be responsible for the game balls while on defense. The umpire and opposing team should not touch the ball. When the half inning ends, the balls should also change, coming from the team now playing defense. Please mark your own baseballs with a marker or stamp to ensure no mixing of baseballs.
- The batter's box will be drawn 10 inches forward (toward the mound) from where it is normally drawn.
- A catcher will be allowed, but must squat at least 2 metres back from the back line of the batter's box. A chalk line or cones will be placed in order to regulate the catcher's positioning. If an association chooses not to use a catcher, a catch net will be placed 3 feet behind the position normally occupied by the catcher. A player will stand behind the catch net at a designated cone at least 6 feet from the hitter and will be able to move into position if he needs to make a play at the plate.
- Runners will remain responsible for avoiding contact with fielders, including the player fielding the catcher's position.
- Only one umpire is required for a game. For the purpose of umpire development and mentorship, a second umpire may be used in an organized fashion which adheres to social distancing requirements.
- The umpire will be positioned 2m behind the pitcher's mound on the right side in order to call balls/strikes and safe/out.
- Cones will be placed in the outfield, halfway between 1<sup>st</sup> base and 2<sup>nd</sup> base and halfway between 2<sup>nd</sup> base and 3<sup>rd</sup> base. Teams may choose to use chalk lines instead of cones.
- A cone will be placed in foul territory, halfway between 3<sup>rd</sup> base and home plate. Teams may choose to use chalk lines instead of cones.
- The team in the field will assign one coach who will be responsible to throw a ball into the pitcher if a ball is hit out of play. The team in the field will be responsible for sending someone to retrieve the ball that was hit out of play. Spectators are to be discouraged from touching the baseball when it is out of play. The ball should only be retrieved by a designated player or team personnel from the team on defense. The designated coach will also determine whether or not a ball should be returned to play



## Game Play:

- Physical distancing of 2 metres must be maintained during mound visits and will only include the pitcher and a coach.
- A coach will not be required to go to the mound to make a pitching change. In order to make a pitching change, the coach can simply call time and signal a pitching change to the umpire.
- Approaching an umpire in order to argue a call or ruling is prohibited. Approaching an umpire in order to argue a call or ruling will result in immediate ejection from the game. Coaches and players would also be subject to suspension.
- Umpires will not be responsible for touching or handling baseballs at any point during the game.
- If bats are shared, the batter will hand the bat to the coach/person responsible for disinfection, holding it by the grip. The coach will take the bat, holding it by the barrel and sanitize the handle before placing it against the fence or passing it to the next batter.
- The coach/person responsible for sanitization will be required to retrieve the bat if the batter reaches base. The bat is to be picked up by the barrel and wiped down or sprayed before being placed against the fence or being used by another player.
- No matter the game situation, all plays at any base will be treated as a force play, therefore, no tag plays will be necessary or allowed. If a throw takes the fielder away from the base, he must return to the base and force the runner out. **NO TAG PLAYS.**
- No rundowns will be needed. If a fielder has the ball at the base that the runner is approaching and the runner is more than half way to that base, the runner will be called out. The mid way cones or chalk lines will assist the umpire in making this call.
- No stealing of bases will be allowed.
- No advancing on passed balls or wild pitches will be allowed.
- No leadoffs from 1<sup>st</sup> base. Players will be allowed to leave the base and get a secondary lead once the pitched ball has crossed the plate. Regular secondary leadoffs are expected. No pickoff attempts will be allowed from the pitcher or catcher. Any runner who takes advantage of this rule will be warned, along with the coach of that team. A second infraction will result in that player being declared out, whether or not the pitched ball was put in play.
- If coaches agree prior to the start of the game, runners will be allowed to lead off of 2<sup>nd</sup> and 3<sup>rd</sup> base. If this is the case, we recommend chalk lines or cones to restrict the primary leads that runners are allowed to take. No pickoff attempts will be allowed from the pitcher or catcher. Regular secondary leadoffs are expected. Any runner who takes advantage of this rule will be warned, along with the coach of that team. A second infraction will result in that player being declared out, whether or not the pitched ball was put in play.
- Runners will be allowed to run through 2<sup>nd</sup> and 3<sup>rd</sup> base in the same way in which they are allowed to run through 1<sup>st</sup> base.
- Umpires will use their judgement in determining if a runner is running through a base or making an attempt to advance, just as they do at 1<sup>st</sup> base.
- If a runner runs through 2<sup>nd</sup> or 3<sup>rd</sup> base and is called safe, he will be allowed to return to that base while the fielder returns to his position.
- There are no slides necessary, however, if a runner decides to slide, it will remain a force play, be judged as a force play and opposing players will separate as soon as the play is completed.
- Regular pitch count rules will apply (see Page 59 of the Baseball Alberta Handbook for Pitch Counts Rules).

## Post Game:

- There will be no post game handshakes with opposing players or high fives with teammates.
- There will be no post game meetings.
- Players to thoroughly wash equipment at home.





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## APPENDIX 1: RESOURCES

Alberta's Relaunch Strategy

<https://www.alberta.ca/alberta-relaunch-strategy.aspx#stages>

COVID-19 Info for Albertans

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Help Prevent the Spread

<https://www.alberta.ca/prevent-the-spread.aspx>

Guidance for Organized Outdoor Sport, Physical Activity and Recreation

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-organized-sport-physical-activity-and-recreation.pdf>

BizConnect

<https://www.alberta.ca/assets/documents/covid-19-workplace-guidance-for-business-owners.pdf>

COVID-19 Info Posters

<https://www.alberta.ca/covid-19-information-posters.aspx>

List of Usable Disinfectants (Hard Surfaces Only)

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

ABTraceTogether

<https://www.alberta.ca/ab-trace-together.aspx>

COVID-19 Orders and Legislation

<https://www.alberta.ca/covid-19-orders-and-legislation.aspx>

Regional Map

<https://www.alberta.ca/maps/covid-19-status-map.htm>



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**APPENDIX 2: CONTACT TRACING LOG (template)**

Date of Session:

Session Start Time: \_\_\_\_\_

Session End Time: \_\_\_\_\_

Full Name	Email	Experienced fever, cough, shortness of breath, sore throat, runny nose, nasal congestion, chills, nausea, headache, muscle aches, or loss of appetite recently?	Have you or anyone in your household travelled outside of Canada within the last 14 days?	Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is ill, being investigated or a confirmed COVID-19 case?

\*\*Aircrews have been granted exemptions from the Canadian Government and Canada Public Health to not be required to quarantine or isolate.

Any individual who answered yes to any above questions must be sent home and in isolation for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer. CMOH Order 05-2020

All players, coaches, volunteers and parents/guardians who drop-off their children must be included in this log. The log can be electronic or completed on site by a responsible adult. The information collected on this document is being collected to assist in the management of the COVID-19 pandemic. This information will be kept in a safe and secure location and will be provided to Alberta Health Services on request if it is required for contact tracing purposes. **(Association name)** will not use this information for any other purpose and will destroy this record after six weeks. Under Privacy Regulations you have a right to access and correct any information we hold about you.



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### APPENDIX 3: EQUIPMENT SIGN OUT / SANITIZATION LOG (template)

Date	Full Name	Email	Phone	Time IN	Time OUT	Equipment	Confirm Sanitization

The information on this document is being collected to assist in the management of the COVID-19 pandemic. This information will be kept in a safe and secure location and will be provided to Alberta Health Services on request if it is required for contact tracing purposes. (Association name) will not use this information for any other purpose and will destroy this record after six weeks. Under Privacy Regulations you have a right to access and correct any information we hold about you.



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## APPENDIX 4: STAFF/COACH CHECKLIST

### Prior to Session

Host a virtual parent meeting prior to the season to educate families of the Return to Play

#### Guidelines

Communicate with participants attending session a minimum 24 hours prior to session.

Communication to include:

- Communicate if they are feeling unwell or showing signs of COVID-19 Symptoms to not attend.
  - Social Distancing Guidelines
  - Individual Labeled Equipment (helmets, gloves, bats, etc.)
  - Gathering Restrictions both on field and in parking lots
- Practice Plan Outline. Ensure staggered arrival times are listed.

- Coaches will disinfect and pack all equipment, and any additional items to ensure safe gameplay. (A list of safe items can be found on Appendix 1).
- Eat before you leave.
- Use the washroom before you leave.

### During Session

- Ensure proper signage is visible to all participants attending the session prior to their arrival.
  - Set up established entrances & exits with traffic flow considerations.
  - Set up hand sanitizing stations for participant use before, during, and after gameplay
  - Complete the contact tracing log for each participant (including coaches).
  - Sanitize all shared equipment between sessions (tees, cones etc).
  - Must maintain 2 metre distance from all participants.
- Consider bringing personal hand sanitizer.
- No spitting, chewing of gum, or sunflower seeds.

### After Session

- Ensure participants have retrieved all their equipment prior to leaving the area.
- Take down any established entrances & exits.
- All coaches and players to use sanitizing station before leaving the area.
- Coach to sanitize all equipment prior to returning items into storage or vehicle.
- Any team communication after the session to be done virtually. No post session meetings.



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## APPENDIX 5: PLAYER CHECKLIST

### Prior to Session

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Check for communication from coaches on any potential updates.
- Eat before you leave – only water is allowed at session.
- Thoroughly wash your hands with soap and warm water.
- Wash/sanitize all equipment (bats, gloves, helmets, water bottle, etc.).
- Mark all personal equipment with player initials.
- Use the washroom.

### During Session

- Respect social distancing guidelines.
- Register with coach regarding contact tracing log. Report any symptoms during screening process.
- DO NOT share any personal equipment or water bottles with participants.
- Players will have a designated spot on the spectator bleachers to use while not on the field.
- Players to keep labeled equipment bag with them at all times.
- No spitting, chewing of gum, or sunflower seeds.
- Members of the same cohort group will not always have to remain 2 metres apart. Protocols will be in place to limit these instances

### After Session

- No loitering once the gameplay is complete.
- Exit through established exits.
- Wash at provided hand washing stations.
- Respect social distancing guidelines.
- Thoroughly wash water bottles with soap and warm water at home.
- Thoroughly wash equipment at home.
- Any team communication after session to be done virtually. No post game meetings.



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## APPENDIX 6: ASSOCIATION CHECKLIST

### Government Requirements

- Federal / Provincial restrictions have been lifted to allow for a Return to Play to occur.

### Municipal / Regional Requirements

- Municipal restrictions have been lifted to allow for a Return to Play to occur in my area.

### Return to Play Requirements

#### General Requirements

- Only responsible individuals over the age of 18 to oversee activities.
- Social distancing measures of minimum 2 metres between individuals not in the same household implemented, however members of the same cohort group will not always have to remain 2 metres apart. Protocols will be in place to limit these instances. .
- Cohort group size does not exceed the maximum of 50 participants; this includes anyone accessing the playing field at any given time during the session.
- Personal Hygiene measures are in place for all activities (on field and administration).
  - Frequent hand washing / sanitization
  - Cough / Sneeze etiquette
  - Do not attend if feeling any Covid-19 symptoms
- Personal Protective Equipment has been provided to all staff, coaches, and/or volunteers for circumstances where social distancing cannot be maintained (example: First Aid)
- Process for Contact Tracing has been implemented and secure storage/retention of information is in place.
- Process for Equipment sign out / sanitization has been implemented and secure storage/retention of information is in place. Shared equipment must be sanitized after each session.

**Operational Activity Requirements (ALL Waivers and Agreements must be emailed to [operations@baseballalberta.com](mailto:operations@baseballalberta.com) PRIOR to returning to train OR play).**

\*\*Waivers and Agreements will only need to be submitted at time of registration (Waivers and Agreements can be found in Return to Train Document)



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## APPENDIX 7: COVID 19 QUESTIONNAIRE AND ATTESTATION

I attest that I am not experiencing any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise (severe fatigue or feeling of being generally unwell).

If I develop these symptoms, I agree that I will leave the premises immediately and immediately inform the coach, Off-Field Manager, or other responsible adult who is supervising the activity.

I am aware that I must follow the safety and hygiene protocols of Dominion of Canada, Alberta, Public Health, and Baseball Alberta.

I attest that:

- I have not traveled internationally in the past 14 days.
- I have not traveled outside the province of Alberta in the last 14 days.
- I have not travelled to an area highly impacted by COVID-19 within my province in the past 14 days.
- I have not and do not believe that I have been exposed to a person with a confirmed or suspected case of COVID-19.

I attest that:

- I have not been diagnosed with COVID-19  
OR
- I have been diagnosed with COVID-19 and been cleared as noncontagious by provincial or local public health authorities (confirmation from a medical practitioner will be required and maintained in a confidential file by the organization)

I acknowledge and agree that I will follow recommended guidelines, laws and protocols of Dominion of Canada, Alberta, Public Health, and Baseball Alberta in order to reduce the spread of COVID-19

I acknowledge that the forgoing statements are true.

Adult Participant: Printed Name \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

Organization: \_\_\_\_\_

### PARENTAL ATTESTATION (if participant is under the age of 18)

Name of Participant:

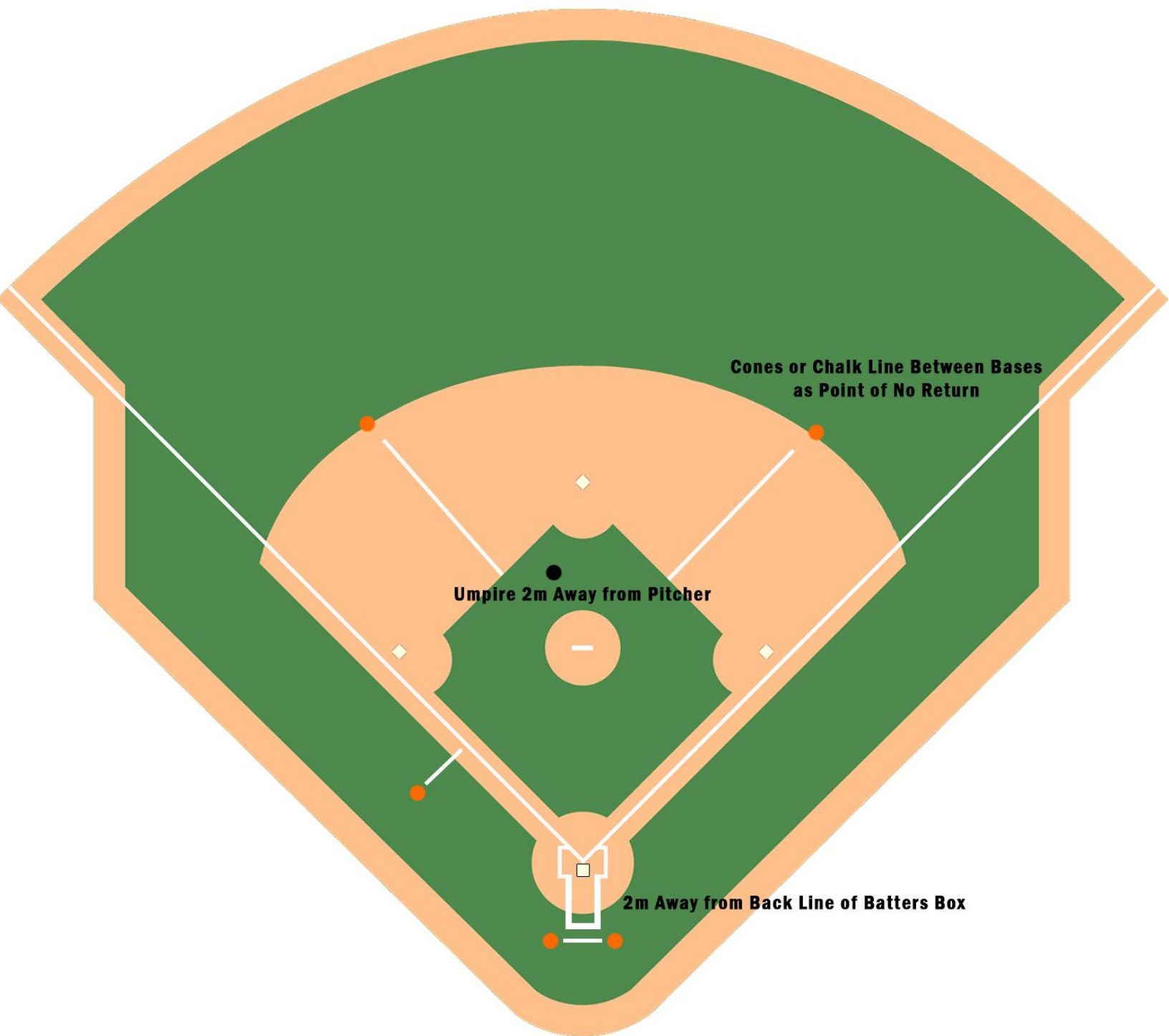
Printed Name of Parent/Guardian: \_\_\_\_\_

Parent/Guardian Signature  
\_\_\_\_\_



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## APPENDIX 8: GAMEPLAY SET UP DIAGRAM



**Cones or Chalk Line Between Bases  
as Point of No Return**

**Umpire 2m Away from Pitcher**

**2m Away from Back Line of Batters Box**

● = Cone

● = Umpire

▬ = Chalk Line

