

# Ripken Baseball Academy – Aberdeen, MD

## Frequently Asked Questions for Tournaments

We hope that all of the answers to your questions can be found in the information listed below. If not, please call us at 1-888-RIPKEN1 and we will assist you in any way possible.

**Q: Is there a dress code for the coaches?**

A: Not specifically. Coaches are not required to wear a uniform during the games, but are expected to be dressed appropriately.

**Q: How many coaches are allowed in the dugout?**

A: Each team may have up to 4 adults (3 coaches and 1 scorekeeper) in the dugout at a time.

**Q: What is the maximum number of players on the roster?**

A: Each team may have no more than 15 players and 3 coaches on the roster.

**Q: What is the age cut-off date?**

A: Ages are based on the April 30, 2010 cut-off date. Whatever the players age is on April 30, 2010 is the age group they will participate in for the entire 2010 Ripken Baseball Tournament season. We have a convenient age determination chart available on our website with the tournament information. For all 2010 Fall Tournaments ages are based on the April 30, **2011** cut-off date. This means in most cases teams will move up an age group for all of our Fall Tournaments.

**Q: Is proof of age required?**

A: Yes. We need to verify the age of every player prior to the beginning of the tournament. Teams must submit birth certificates to our office prior to the tournament. No player will be allowed to participate in the tournament until proof of age is presented.

**Q: Do the birth certificates need to be originals or copies?**

A: Either is acceptable. Please submit birth certificates for all players at least 2 weeks prior to the start of the tournament. They can be either mailed or faxed to our office.

**Q: How many umpires for each game?**

A: 9u and 10u will have one umpire during pool play games and two during elimination rounds. 11u and 12u games will have two umpires at all games, including the championship games. 13u and older age groups will have two umpires for all pool play and elimination round games and four umpires during the championship games.

**Q: When will the tournament schedule be available?**

A: The schedule will be posted on our website, [www.ripkentournaments.com](http://www.ripkentournaments.com) about 14 days prior to the tournament. Each schedule is subject to change, so check back often to make sure you have the most up-to-date information.

**Q: When will the game results be posted?**

A: We will post standings and results on the tournament board soon after each game ends. These results will also be posted on our website.

**Q: Does Ripken Baseball keep individual stats for the tournaments?**

A: No, Ripken Baseball will not keep statistics for any tournament in 2010.

**Q: What happens if there is a tie?**

A: Games can end in a tie during pool (divisional) play only. If a tie exists between two or more teams either for advancement to the elimination round or for seeding purposes, the following tie-breaker system will be used:

- 1) Head-to-head results (if applicable)
- 2) Total runs allowed
- 3) Lowest single game runs allowed
- 4) Each subsequent lowest single game runs allowed (2<sup>nd</sup> lowest for each team, 3<sup>rd</sup> lowest for each team, etc.)
- 5) Coin flip

\*A game featuring teams that are the same seed from different divisions will use a coin flip to determine home team.

Please note that **total runs scored** has no value in our tie breaker system.

**Q: How will I know which seed my team is for the elimination round?**

A: All information regarding results, standings, and seeding will be centrally located on the tournament board at the Ripken Baseball Academy.

**Q: Does the time limit apply if we are the last game of the day?**

A: Yes. We must treat each game fairly. Early games may have ended due to the time limit so that the later games could be played on time. It would be unfair to allow the last game of the day to play beyond the time limit if earlier games could not do the same.

**Q: Do we need to bring baseballs?**

A: Game balls are provided by Ripken Baseball. Teams should bring their own practice balls.

**Q: Does our team need its own insurance?**

A: Yes. Each team must send us their Insurance Certificate prior to the tournament. **We must have “Ripken Baseball Camps and Clinics, LLC” and “Ripken Baseball Academy” listed as an ‘additional insured’ in the certificate holder section of the standard certificate of liability form.** This can be obtained by simply calling your insurance company and asking them to list that on the certificate. **Please note: we are not requesting to be added as a ‘named insured’ on your policy.**

**Q: Are there pitching limits for the tournament?**

A: New for 2010, Ripken Baseball does not have specific pitching limitations at our tournaments. We do, however, provide recommendations for coaches and parents to follow not only for your time at our tournament, but for your entire season. The responsibility ultimately lies with coaches and parents to ensure that each player’s health and development is maintained properly. One rule that we do employ at our tournaments is as follows: Once a pitcher leaves the mound, he cannot return to pitch in that game. For further pitching recommendations, please see the information sheet we have compiled at the end of these FAQ’s to help educate those who monitor the players.

**Q: What size bats are legal for our age group?**

A:

- For the 9u & 10u age groups – 2 ¼ to 2 ¾ inches in diameter with no weight restrictions
- For the 11u & 12u age groups – 2 ¼ to 2 ¾ inches in diameter with no weight restrictions
- For the 13u & 14u age group – 2 ¼ to 2 ¾ inches in diameter with no weight restrictions
- For the 15u-18u age groups – No 2 ¾ inches in diameter with a -3 weight differential only

**Q: What happens if it rains?**

A: Our first priority is the safety of everyone at the facility. If the fields are judged unsafe, we will suspend, postpone, reschedule, or cancel games as needed. There are numerous factors in deciding when games are allowed to continue and we weigh each of those before making a decision.

In the event of rain we will do everything within our power to stay as close to the game schedule as possible. However, because of limited field availability we may have to deviate from the printed schedule.

If and when we need to alter the schedule, we use the following procedures/priorities as our guide:

- Our first priority will always be to make sure that each team plays it’s minimum number of games.
- We will try to maintain the original schedule as much as possible
- We will attempt to have a championship game
- We will never name a champion of a tournament without a championship game
- We may eliminate the quarter-final or semi-final round to ensure a championship game

**Q: Are all of the dugouts covered?**

A: No. Some of the fields at the Ripken Baseball Academy do not feature covered dugouts at this point. Teams may bring portable tents to cover the open dugouts if they wish.

**Q: Do we need to bring water for the dugouts?**

A: No. Ripken Baseball will provide water and cups in each dugout for all of the tournaments.

**Q: How do I get to the satellite fields?**

A: The satellite facilities are all within 10 miles of the Ripken Baseball Complex and specific directions can be found in the ‘General Tournament Information’ section of the website.

**Q: Are tournament t-shirts and other Ripken Baseball merchandise available at the tournaments?**

A: Yes. We will have merchandise set up at the Ripken Baseball Academy site throughout the tournament. 'The Hangar' will be open at Ripken Stadium as well.

**Q: Will there be concessions available?**

A: Yes. We will have a concessions stand at the Ripken Baseball Academy site from approximately 9:00am to 4:00pm each day of the tournament. The concession stands in Ripken Stadium will not be open for our tournaments. Generally speaking, the satellite facilities will not have concessions.

**Q: Are players and their families allowed to bring food and coolers to the complex?**

A: Yes. Although, we do ask that everyone make sure their trash is disposed of properly.

**Q: Are there restaurants near the complex?**

A: There are several dining options near the Ripken Baseball Complex and other satellite fields including fast food and sit-down style restaurants.

**Q: Where is the best place to stay?**

A: Ripken Baseball has partnered with several of the area hotels to assure that your stay with us is a quality stay both on and off the field. Hotel Partners include:

- Marriott Courtyard (410-272-0440)
- Holiday Inn (410-272-8100)
- Wingate Inn (410-272-2929)
- Best Western (410-679-2997)
- Sleep Inn & Suites (410-679-2997)
- Ramada Inn (410-679-2997)
- Clarion Aberdeen (410-273-6300)
- Homewood Suites by Hilton (410-297-8585)

Please call us at 1-888-RIPKEN1 for further details and contact information.

**Q: What is there to do for fun in the area?**

A: There are numerous options within easy driving distance of the hotels and our complex. First of all, we are approximately 25 miles away from Baltimore, which offers a wide variety of family entertainment options. Also, the White Marsh area features many dining, shopping, and entertainment options. More locally, there is a movie theatre, two different miniature golf/batting cage facilities, and a shopping mall.

**Q: What is the admission to the facility?**

A: Admission at the Ripken Baseball Academy, Ripken Stadium, and all satellite field locations is free.

**Q: Is there a place to sit at the Ripken Academy for parents and fans?**

A: Each field at the Ripken Baseball Academy features grass berm seating. There are no bleachers at this point for parents and fans so we do recommend teams bring portable chairs or blankets to sit on.

**Q: Is there handicap accessible parking?**

A: Yes. At our facility and all other satellite facilities, there is plenty of handicap accessible parking.

**Q: Can we bring pets to the tournament?**

A: No. We unfortunately had a few incidents with pets at our facility which has forced us to adopt our current policy.

# Information on Pitching Recommendations for Youth Baseball Players

\*Information from USA Baseball Medical & Safety Advisory Committee with help by the American Sports Medicine Institute, USA Baseball News, Journal of Biomechanics, and The American Journal of Sports Medicine (2006)

\*Information also from an article on WebMD.com titled "Baseball Pitching Compared in Children and Pros" (2000)

\*The following recommendations are not specifically from Ripken Baseball. We simply compiled the information and encourage each coach/parent to conduct further research and make the best decisions for their player. Always consult a physician if you have a concern.

One of the missions of the USA Baseball Medical & Safety Advisory Committee is to provide scientifically based information to youth baseball members decreasing the chance of injury and maximizing their ability to play at a higher level.

- Pitchers should be taken out of the game immediately if their arm is fatigued.
- If a pitcher complains about arm pain and it does not go away after 4 days or the same pain happens immediately when they pitch again, the parent should take their son/daughter to a physician.
- Pitchers who competitively pitch more than 85 pitches per game, more than 8 months out of a year, or with arm fatigue are several times more likely to require elbow surgery.
- Injuries that occur when pitchers are adults may have begun to develop during their youth level of baseball.
- Once a pitcher leaves the game they should not come back in to pitch later in that game. The pitcher's tendons, muscles, and ligaments need time to "cool down" just as they needed time to "warm-up."
- The day after a start should be for rest, not participating in any drills that use an overhand movement.
- Throwing curveballs and sliders increase the chance of elbow and shoulder pain. If breaking balls are thrown, it is very important for the pitcher to have the proper mechanics.
- Developing the skills needed to play at a higher level is done through repetition, but a pitcher should not throw for more than one team per season. Performing drills to build strength and consistency is good, but the pitcher must find time to rest between starts. We encourage the player to only pitch for one team during the year.
- A pitcher should not compete in baseball for more than 9 months out of the year. The pitcher will need those 3 other months for "active rest." Other physical activities are encouraged, but no other overhand activities should be done in these 3 months. (Javelin Throw, Football Quarterback, Swimming)
- Players should be taught proper pitching mechanics from an early age, and their pitches will get faster over time as joint force increases.
- A great way to prevent injury to a pitcher is to improve overall fitness. Athletes as a whole injure themselves much more frequently when they are fatigued. (WebMD)
- To prevent injuries to a pitcher's arm, have them work on strength and flexibility of their shoulder, wrist, and elbow. (WebMD)
- Parents should get to know their child's coach to ensure that they are teaching their child the proper mechanics of pitching. It is the coach and parent's responsibility to make sure the player is using the proper equipment, taking enough time to warm-up, and also enough time with stretching exercises. (WebMD)

<b>USA Baseball Medical &amp; Safety Advisory Committee</b>				
<b>Recommendations for Limits with Youth Pitchers</b>				
<b>Age Group</b>	<b>Pitches per Game</b>	<b>Pitches per Week</b>	<b>Pitches per Season</b>	<b>Pitches per Year</b>
9-10	50	75	1000	2000
11-12	75	100	1000	3000
13-14	75	125	1000	3000
15-16	90	2 Games/Week	---	---
17-18	105	2 Games/Week	---	---

<b>USA Baseball Medical &amp; Safety Advisory Committee</b>				
<b>Recommendations for Days of Rest After a Start</b>				
<b>Age Group</b>	<b>1 Day Rest</b>	<b>2 Days Rest</b>	<b>3 Days Rest</b>	<b>4 Days Rest</b>
9-10	21-33 Pitches	34-42 Pitches	43-50 Pitches	50+ Pitches
11-12	27-34 Pitches	35-54 Pitches	55-57 Pitches	58+ Pitches
13-14	30-35 Pitches	36-55 Pitches	56-69 Pitches	70+ Pitches
15-16	30-39 Pitches	40-59 Pitches	60-79 Pitches	80+ Pitches
17-18	30-39 Pitches	40-59 Pitches	60-89 Pitches	90+ Pitches