

CAPITAL REGION HIGH SCHOOL BASEBALL 2026

BUDGET NOTES

EXPENSES

Umpires=	\$6,750	D1 TEAMS PAY= \$540 x 11= \$5,940
Field Cost=	\$1,930	D2 TEAMS PAY= \$540 x 6 = \$3,240
Scheduler=	\$100	
Miscellaneous:	\$400	*Payable to Ecole Secondaire Mosaïque
		C/O Alew Dawe
TOTAL:	\$9,180	

FIELDS

BJ Higgins 13
Conrad Memorial 8
Weir Park 7
Woodside 2-2
Robert Lenihan 1
Dennis Naugle 1
Graves Oakley 0

EXTRA COST PER TEAM

1 Dozen baseballs **ROML or 80cc**
1 Set of bases, for certain fields
First Aid Kit

ADDED RULES

NO PROTEST-Umpire rulings are final.

Coin flip for all regular season games. In the playoffs the team with the better seeding is home team, regardless of record.

Time limit.....no new inning shall start after 8:10 pm (1st game) and 10:30 pm (2nd game) of each night.

If regular season games end tied after 7 innings, the game will be recorded as a tie.

This is for regular season games only. In the playoffs, if the game is still tied, continue to play till you have a winner.

No time limit for playoff games.

If the first game runs late or the umps are changing, the second game can have time added. The 10:30 pm time limit can be pushed back no later than 10:50 pm. Coaches please talk to the umps before the start of your game and set up a new time limit, if needed.

HUSTLE!! Please do your best to be ready 15 mins before your scheduled time and hustle in between innings.

The umps will only allow 4 warm up pitches between innings.

If time is tight no infield/outfield warm up for the 2nd game. We want to make sure both games get completed.

If teams are not ready for 6:00 pm start, no infield/outfield will be permitted. **Games must start at 6:00 pm.**

Once the schedule has been completed, no changes will be permitted.

Schools are encouraged to carry a large roster. This will eliminate forfeitures.

Playoff Format- Top 4 teams in each division A & B (D1) will make the playoffs. If Millwood is in the top 4, the 5th place team will make the playoffs as the 4th seed. Top 4 teams in division C (D2) will make the playoffs.

Any ties in Division Standings will be solved first. Seedings will be determined by win/lose record then defensive runs/defensive innings.

We will follow SSNS rules and regulations: Verbal Abuse of Officials 10.3.2

Please refer to baseball rules specific to SSNS, rules of baseball, 10.3.2 to 10.4. BNS pitch count rules.

The League will follow the rules and regulations as defined by BNS 18U AAA with SSNS specific

regulations. **Grade 9 and 10 players with follow 15U pitch guideline. Schools that use grade 8 players must use 13U pitch guideline.**

Pitch count rules have been added with the schedule, please follow for the safety of the players.

Must have 9 players to start a game. Can only finish with 8 if a player gets injured. If a player gets ejected the game will be forfeited. Must have your 9 players at the scheduled time, **NO** grace period.

Need each team to submit a full roster with full names and player jersey numbers. This will help in keeping track of pitch counts.

Every team must forward a team roster to Eddie before your first game. Any changes must be submitted before a player can play.

Teams will be permitted to use a DH. **No** re-enrty rule is in effect.

If a player or student is coaching a base they must wear a batting helmit.

ASSISTANCE NEEDED WITH THE FOLLOWING:

Teams slated for the first game each night can help with field set up. For example, lining the field and placing bases. As well, teams playing in the late game will need to work together to put away the bases and lock the box.

Weir field should be lined for you. Bases should be placed as well. The code for light box is **3253**. At the end of the night please replace the inserts and put the bases by the shed **7400**. At **Robert Lenihan field** it should be lined but bring your own bases.

Lights at **BJ Higgins, Conrad** will come on automatically. The lights come on at dusk, 7:15 ish and go out at 11:00 pm.

Lights at **Robert Lenihan** you need to push the button in the box.

The **BJ Higgins field** will have a liner, flour and bases in the box, on the 3rd base side, code is **8113**. Please make sure to lock it when finished. At **Conrad field** the box is on the first base side, it will be unlocked each day for you. It will have the same stuff as BJ Higgins, please lock at the end of night game. **Woodside 2 and Naugle** you will need to bring all supplies and bases.

At **Graves Oakley field** the code for the keys is 5862. This box will have keys for locks on the gates at the dugouts. Also, for the green gear bin which has all the supplies for you. Lights for the field can be turned on at the box near the tennis courts and play ground, it has decals on it. On the side of the panel is a little box, push the green button.

Each team supplies their own baseballs. Each team will provide 2 new balls per game (**ROML or 80cc, no exceptions**). If teams do not chase foul balls each team will be expected to put more balls in the game starting with the home team and rotating back and forth.

All scores and pitch counts must be reported to League official or to your AD by noon the following day.

Please use the Pitch Count Sheet provided by the League. If you use Game Changer app. please make sure the same info is sent to me as the pitch count sheet. Also, if a game is walked off please indicate if the visiting team recorded any outs. This will help in tie breakers.

Also, please add the number of innings played and which team was home team, this info can be filled out on the **Official League Sheet**.

The Official League Sheet will help us keep the Metro Sports Page updated faster.

All line up cards handed to the umpires will need numbers for each player and full names, this is done in case of discipline issues.

Please make sure your AD forwards the info to me.

League Official- Eddie Longaphy 902-483-5860, edlongaphy@ns.sympatico.ca or edwardlongaphy@outlook.com

AD in charge is Alex Dawe at Ecole Secondaire Mosaïque or at alexander.dawe@sepne.ca