

MESA Coaching Guidelines

1. All coaches, assistant coaches and parent-coaches shall be required to comply with the MESA Coaching Guidelines.
2. The terms “coach” and/or “coaches” as used in these Coaching Guidelines refer to head coaches, assistant coaches, and parent-coaches.
3. Coaches should supervise their players at all times during practice and games and should ensure that all safety precautions are followed, including, but not limited to, the following:
 - a. No batter, on-deck batter or base runner shall be on the playing field at any time without wearing an NOCSAE approved batting helmet with face mask.
 - b. No players shall be out of the dugout at any time during batting practice unless such player is batting, a base-runner, or playing a defensive position.
 - c. No person shall play in the catcher’s position or stand behind the batter unless such player is wearing a catcher’s mask, shin guards and chest protector.
 - d. No player shall warm up a pitcher or receive any pitch from a pitcher unless such player is wearing a catcher’s mask, shin guards and chest protector.
 - e. No practice or game shall be held in inclement and/or dangerous weather, including, but not limited to, any visible lightning. Coaches are required to read, understand and follow the MESA Lightning Policy.
 - f. No practice or game shall be conducted when lighting is inadequate.
 - g. Loose bats and equipment shall be kept off the playing field.
 - h. During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
 - i. Coaches should have the players’ Medical Clearance Forms with him/her at all practices and games.
4. Coaches shall conduct themselves in a manner which provides an example of good sportsmanship for the players. Umpires shall be instructed to eject any coach, player, or spectator who displays poor sportsmanship in the umpire’s judgment.
5. The MESA President or MESA Vice-President shall have the authority to eject a coach from any game in which the coach fails to comply with the Coaching Guidelines, including unsportsmanlike conduct. This includes arguing with an umpire.

6. Any coach who is ejected from a game by an umpire or the MESA President or Vice-President shall also be automatically suspended from his or her team's next two games.
7. Any coach who is ejected from a game by either the umpire or the MESA President or Vice-President who fails to leave the ball park upon such ejection shall be automatically suspended for the remainder of the season.
8. Any coach who is ejected from a game may appeal to the MESA Board of Directors to seek a determination that said coach should not be suspended from his or her team's next two games. Any coach making such an appeal must deliver to the MESA President or Vice-President a written appeal within forty-eight hours of the end of the game in which the coach was ejected. An appeal shall not be granted unless the MESA Board of Directors determines by unanimous vote that the coach should not have been ejected from the game in question.
9. A coach is not entitled to appeal suspension for failure to leave the ball park upon being ejected from a game (i.e., number 7).
10. Coaches shall not argue or contest a judgment call by an umpire.
11. Use of any tobacco product by a coach at practice and/or games is prohibited.
12. Teams shall not practice on a field that has been marked in preparation for a game that day.
13. Teams shall not practice on any softball field when the field is muddy or when such practice will damage the field.
14. To the extent fields are available, teams will be assigned one practice session per week with a field reserved for such practice. Any other practices must be conducted on a field that is not in use. If a team is practicing on a field that it has not reserved and another team appears for its reserved practice session on such field, the team that does not have a reserved practice on that field shall leave the field immediately. This provision is subject to the City of Forney providing practice fields for MESA practices.
15. Coaches shall not appear at practice or games under the influence of alcohol or drugs.