

FCBC Intermediate Tryout Format

Edge Sports Center – March 10, 2019

- **Check-In:** enter through side doors at *East Side of building* at assigned time.
- At check-in, each player will be given a numbered “bib” to wear. Bib numbers are used to identify players.
- After checking in, players will wait at the warm-up area. No warming up prior to start - all players will warm-up as a group. **(Only Players, Coaches, and FCBC Staff will be allowed in the tryout area. There is very limited viewing space for this event).**

All Players must complete the Player Tryout Profile and e-mail to admin@fcbcmail.org upon registering.

Tryout Timing

Players will be assigned check-in/tryout times. 10u (8s, 9s, 10s) will happen between *approximately* 11:45am and 2:45pm, 12u (11s and 12s) will happen between *approximately* 2:45pm and 5:30pm, 14u (13s and 14s) will happen between *approximately* 3:00pm and 7:30pm. **Please watch for your player’s assigned time to be e-mailed to you approximately 4-6 days before the tryout.**

Small Group Sessions

In general, players will tryout in groups of 18-24 players. *After a brief warm-up*, there will be 3 stations: hitting, pitching/catching (bullpen), and defense. There will also be a running area where players will be timed on a 65-foot sprint.

- **Hitting:** each player will hit “live” off of a coach tossing baseballs from 15-25 feet away (front toss). While waiting, players will be on-deck, hitting off of a tee, or setting baseballs on the tee for a hitter.
- **Bullpen:** each player will have an opportunity to pitch (if interested in pitching – strongly recommended even if experience is limited). While waiting, players should run their timed sprints.
- **Defense:** each player will field ground balls and make throws. While waiting, players will receive throws from fielders or help “shag” baseballs for coaches.
- **Catchers:** it is difficult to workout catchers in this format. Players interested in catching will receive a few pitches and make a few throws to 2nd Base (simulating a runner attempting to steal a base).

Tryout Numbers

If the number of players trying out does not meet the number of players required to provide 11-12 players per team, **teams may be combined prior to Draft Night**. Fort Collins Baseball Club reserves the right to adjust and reconfigure the leagues according to the best interest of the Club, the Coaching Staffs, and the Players.

Draft / Roster Selection

Intermediate Draft will take place one night after the Tryout. *If selected for an Intermediate team, players/parents will be contacted by a Coach within 3 days of completion of the Tryout.* Undrafted players will remain on their Rec rosters.

Bat Rules

In Intermediate Baseball, bat restrictions are simple. Metal bats and wood bats are allowed. All metal bats **must have the BPF 1.15 or USA Baseball certification.**

- **10u and 12u:** There are no bat weight-length restrictions or barrel-size restrictions, just *be sure your bat has the BPF 1.15 symbol or the USA Baseball stamp.*
- **14u:** Players are **restricted from using bats** with a drop (weight to length differential) **greater than -8**. We have adopted such a rule for 14u with the goal of readying developing players for the High School standard of a -3 differential. *Be sure your bat has the BPF 1.15 symbol, the USA Baseball stamp, or the BBCOR certification.*