



3 to 4 Hour Refresher Clinic

- 1) Half Hour Pre Clinic – Registration**
- 2) 30 Min – Opening**
 - i. Instructors introduction
 - ii. Agenda
 - iii. Facility introduction
 - iv. Role of the clinic
 - v. Role of the “local umpire”
 - vi. Use of the Rule book, Case book and Manuals
- 3) 60 Min – Rules and Definitions**
 - i. New rules & mechanics for the year, regulation game, force out, tie breaker and double base SP pitching box, defensive charged conference
 - ii. Players & Subs, DP/Flex, SP extra player, temporary runner
 - iii. Pitching Regulation – Feet & Hands
 - iv. Batting, batting order, position in box, hitting the ball, hitting the ball completely outside or touching, hitting the ball a second time, batter hits ball or ball hits batter (in or out of box), batter interference, on deck batter, stepping across home plate
 - v. Base running, lead-off, stopping between home and 1st, 3 foot line, runner hit by ball, base awards
 - vi. Fielding, obstruction, catcher obstruction, tags, scaling fence, interference (runner, spectator, umpire, coaches)
- 4) 30 Min – Plate Mechanics**
 - i. Stance
 - ii. Mask Mechanics
 - iii. Strike Zone
 - iv. Movements from Plate
- 5) 30 Min – Base Mechanics**
 - i. Responsibilities
 - ii. Movement (Ball in Umpire Out/Ball Out Umpire In)
 - iii. 4 Elements/Tracking of Ball/Angles
- 6) 30 Min – Systems**
 - i. 1 Umpire WBSC
 - ii. 2 Umpire WBSC
- 7) 15 Min - Game Control**
 - i. Hustle
 - ii. Voice
 - iii. Respect
 - iv. Plate Conference
- 8) 15 Min – Closing**