



West Hartford Girls Softball League

**2023 Coaches Manual
and Rulebook**

Pre-K through 9th Grade Girls



whsoftball.com

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Code and Rules of Conduct

All Coaches are representatives of the West Hartford Girls Softball League and should present themselves in a manner that portrays the high character and stated principles of the League. Any coach that misrepresents WHGSL, in any way, is subject to discipline by the Board of Directors, up to and including dismissal from his coaching position.

The League has a **zero tolerance policy for misconduct** by League Representatives, Umpires, Managers, Coaches, Assistant Coaches, Players, Parents and Spectators (collectively "Participants"). Misconduct includes but is not limited to threatening or abusive actions or words and criminal conduct. At any game, practice or League activity, each Participant shall be courteous and respectful toward other Participants and demonstrate good sportspersonship. By volunteering to participate in the League, each Manager, Coach, and Assistant Coach agrees to familiarize him/herself with and comply with the Code and Rules of Conduct, including the disciplinary process, as stated on the League website. For convenience, certain Rules are summarized below:

Challenging the Umpire's Calls. Only the Head Coach may challenge the Umpire's calls or respond to a challenge. Any challenge must be made before the next play begins or it is waived. A response must be made after the challenge is presented and before the next play begins. All challenges and responses must be stated in a respectful, non-argumentative manner. The Umpire's ruling on the challenge shall be final, unless protested.

Protesting the Umpire's Ruling. Any protest to an Umpire's ruling on a challenge must be made before the next play begins or it is waived. The Umpire and each Spokesperson shall record and agree upon the status of the game and play through that point in time. Unless the

protesting team confirms at the end of the game that it intends to proceed with the protest, the protest is waived and the game result is final. If the protesting team intends to proceed with its protest, the game results will be deemed provisional pending resolution of the protest. The protest must be submitted in writing to the league president within 24 hours of the date of the game in question. The president will convene with the board and give each manager and umpire an opportunity to present their views. The president will notify all parties involved with a decision within 7 days of receipt of the protest.

Ejection of a Participant. The Umpire shall eject a Participant from a game if, as determined by the Umpire, the Participant is physically or verbally threatening, abusing or harassing any other Participant. The Umpire may eject a Participant for other physical or verbal behavior the Umpire considers a violation of the Code or Rules of Conduct. The Umpire may but does not need to provide any warning to a Participant or ask the Participant to behave appropriately before ejecting that Participant. Any Participant who is ejected from a game shall not resume participating in games, practices or other League activities until authorized to do so in writing by the Disciplinary Committee. An ejected Participant (other than a Player) shall immediately leave the game location and shall not return for the remainder of the game. If that ejected Participant refuses to leave or leaves and returns, the Umpire will declare that the team with whom that Participant is affiliated has forfeited the game and terminate the game. If the ejected Participant is the only Coach or Assistant Coach for that team present at the game, the game shall be terminated and the ejected Coach's or Assistant Coach's team shall be deemed to have forfeited the game.

Ejection of a Player: A Player who is ejected shall be sent home if her parents are present. If her parents are not present, the Player may remain in the bleachers or in the dugout at Umpire's discretion until her parents arrive.

Coach Requirements & Expectations

Expectations of Coaches. A Coach is expected to use reasonable efforts to control the behavior of Participants affiliated with his/her team. A Coach is expected to assure that none of his/her Players leaves the field during a game or practice, or leaves a League activity, unless accompanied by a Parent or, as appropriate, with another adult or Player. A Coach is not to leave the site of a game, practice or League activity if a Player on his/her team is remaining at the location unaccompanied by her Parent or another responsible adult.

Team Rosters, including the names of players and coaches, including assistants, must be turned into administration prior to the game season. Information on the rosters should include: names/address/zip code/ telephone number/email address/date of birth/player's assigned uniform number.

Players must play their games in full uniform, which consist of team shirt, pants and socks. Only league hats or visors are permitted during games. No other hats, or visors, are allowed.

Sponsor's banner must be displayed at all games on backstop and marched in the Memorial Day Parade.

The coaches must collect uniforms at the end of the season. The uniforms are to be returned in a clean condition. Most teams have year-end parties and that is the best time to collect them. Both uniforms and equipment must be turned over to the administration by the first week of July, unless other arrangements have been made with the league president.

Coaches, or their representative, must attend all meetings. We encourage assistant coaches to attend. Meetings provide an opportunity to voice any needs, problems, or simply ask questions.

All coaches, assistant coaches, and volunteers must complete the Little League Volunteer Background Application.

Child Safety Rule

Player safety and well-being is everybody's responsibility.

As a coach, you are a League representative in your relationship to any player or member of a player's family. Your relationship with a player is as a coach only. You are responsible for maintaining appropriate boundaries in your relationship with players. You should at all times be respectful of your players, their families, other coaches and players on other teams. You should always demonstrate good sportsmanship and encourage your players to respect each other and the other team's players.

Failure to follow any of the following rules may result in the immediate termination of your role as a coach:

- (1) Do not under any circumstances put yourself in a situation in which you are alone with a player who is not your child.
- (2) If a player reports to you conduct or behavior by an adult or another player that a reasonable person would conclude is inappropriate, you are to report it to the League President as soon as practicable and not later than 1 hour after the practice or game.
- (3) Do not make any physical contact at any time with a player that is not softball instructional in nature.
- (4) Do not invite players to your home unless the event is a team event and is chaperoned by at least one parent of a player other than you.
- (5) Do not use inappropriate language, engage in horseplay or make derogatory comments about players or others or allow your assistant coaches and player parents to do so.
- (6) Do not leave the team event until all players have left.

(7) Report all injuries to the President by no later than one hour after the end of the team event.

Coach Discussions

Coaches must hold a meeting with players and parents, prior to the beginning of the game season. This could be announced, and held, at the end of a practice. The meeting should include the following:

Game schedule

Sportsmanship - Coaches, players, and fans: Encourage players, don't openly criticize. Show players a better way to complete the play. Have friendly interactions with opposing players and coaches. Be respectful of the umpire(s). Do not challenge judgment calls. If a rule must be discussed, call time and discuss in a civil manner with the umpire (do not shout across the field). The head coach /acting coach is the only person to represent the team in discussions with the umpire.

Child Safety Rule - See Child Safety section. No player may leave the playing field area or be left at the field, unaccompanied by an adult. Parents should be there to pick up their child, or have made other arrangements. Coaches must make certain no child is left behind.

Playing specific positions - Parents should be told that if a child cannot safely play a position, due to reaction time or skill-level, she will not be played in that position, until she has achieved that level. Although we encourage rotation of players in varying positions, it is the head coach's job to determine who plays where, remembering that player safety is the determining factor.

Team and League events - There are many events, other than games, during the season. Some events include: Memorial Day Parade, Travel Teams, Instructional Clinics, Playoffs, End-of-Season Parties, and Tournaments. Please be sure to provide the parents with a schedule of events. Coaches, players and parents should be encouraged to visit our website (whsoftball.com) regularly.

Distribution and return of uniforms - When distributing uniforms, take note of the shirt number. This information should be retained by the head coach to ease collection of uniforms at the end of the season. Tell players and parents that they are responsible for the return of the uniform jersey and pants, at season's end. If they are not returned in a timely manner, they will be billed for the cost, per item.

Game Procedures

Playing Fields: Sterling, Hall, Conard, and Norfeldt Field (Troutbrook)

1. Bases for Sterling Fields 1 and 2 (closest to snack bar) are stored in the Shed. Bases for Sterling Fields 3 and 4 and Norfeldt are stored in the job boxes behind the associated backstops. Your coach's key will fit only those boxes and the shed. Bases must be returned to storage after the last game.
2. Home Team is responsible for supplying the game balls.
3. Games start at 6:00 unless coaches agree to a later start. Delay of game time may be necessary if any team is awaiting players to reach the minimum amount to field a team, or if umpires are running late. No game will start after 6:30.
4. Home team has use of the bench along the 1st base line.
5. In the event the umpire is a no-show, the teams should mutually select volunteer(s) to umpire the game.
6. Trash must be picked up.
7. Norfeldt field must be raked around home plate and the pitching plate and dragged after each game.

CANCELLATION OF GAMES

Game Day

1. The town may close fields at their discretion. During the game, umpires(if applicable) will make the determination.
2. ANY SIGNS OF LIGHTNING WARRANT IMMEDIATE CANCELLATION.
3. Non-weather related cancellations should be made through mutual agreement amongst head coaches. If a coach needs to cancel or postpone a game, he must notify the other team's coach by 4:00. It is then the responsibility of both coaches to notify their players.
4. In the event that a coach is notified, on the day of the game, that there are insufficient players to field a team both coaches should work together to reschedule the game. Cancellation of a game due to lack of players once at the field will result in a forfeit.
5. If a game must be canceled at the field, coaches must make certain that all players have rides home. No player can be left alone at the field. Any canceled game must be rescheduled as the season permits.(Refer to rescheduling procedures.)
6. The Department of Public Works may close fields if they deem them unplayable. The number to call is 561-7509 punch in 10, and then 14.
7. Notify Rick Mace before 4:30 pm at (860) 329-3173 to cancel a game.

In Advance

1. Coaches can reschedule games, due to a conflict, if mutually agreed upon prior to the game day.

2. Call Rick Mace (860) 329-3173 to cancel the umpire.
3. Call Ron@ (860) 916-1497 to cancel a reserved field. This frees up that field to be used for other make-up games.

Rescheduling Games

1. Agree with the opposing coach as to date or dates for make -up game.
2. Call Ron@ (860) 916-1497 to reserve a field.
3. Call Rick Mace (860) 329-3173 to schedule an umpire.
4. Refer to the field schedule distributed by the league president for available fields.

Field Maintenance

1. A water drying substance, turfage game saver, will be in the storage area at the fields. Do not use leaf blowers, brooms, or shovels to remove water because this does damage the field and creates low spots for water to settle.
2. There will be, at Sterling Field only, liners with chalk and a large rake for dragging the infield. This will be available if you choose to use them.
3. If you have attempted to make the field playable and the field remains unsafe, cancel the game and reschedule.

Game Reporting

The winning team is responsible for reporting game stats. This information must be emailed to Webmaster: Lindsey Leung - lindsey.leung@gmail.com and the division directors the night of the game. The email subject line should read: SOFTBALL: game date - team names with score (ex. 5/4/09, Rockies 2, Tigers 1)

Field Permits

All teams will be given a copy of our field usage permits that are issued by the Department of Leisure Services. These permits are proof that the fields are reserved for the West Hartford Girls' Softball League. Carry these permits to all practices and games. If another group is using the field that you have the permit for, please remain calm. Show your permit to that group and discuss it with them. If you can't resolve the problem with them, call the police and have them handle this problem.

The Pitching Rules

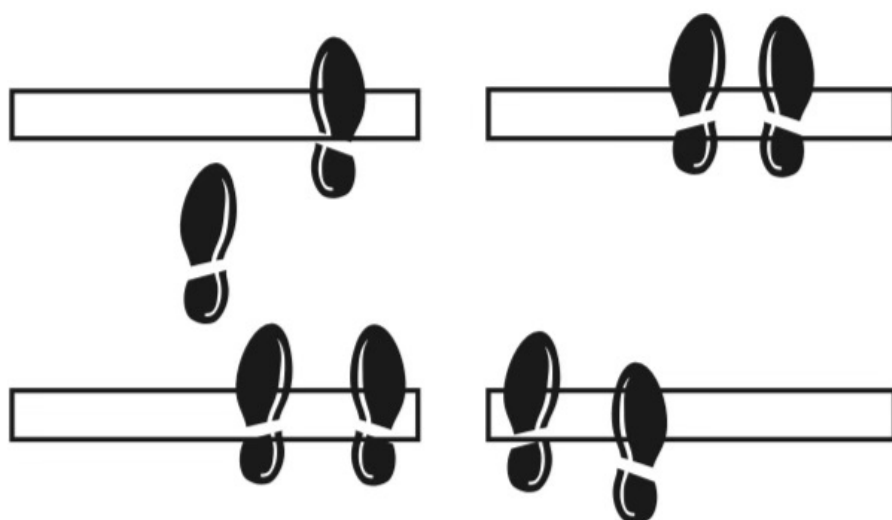
To deliver a “legal” pitch, the player must abide by the following rules:

1. A legal pitching delivery shall be a ball that is delivered to the batter in an **underhand motion**.
2. The pitcher must start with **both feet on the ground**, with her shoulders in line with first and third bases, and in one of the following positions (see diagram):
 - a. with both feet touching the 24-inch length of the pitcher’s plate before delivering the pitch.
 - b. with one foot touching the Pitching Rubber and one foot starting behind the Pitching Rubber before delivering the pitch
 - c. with both feet touching the Pitching plate and then stepping back with 1 foot within the 24-inch length of the pitcher’s plate before delivering the pitch (step-back delivery).
3. Before beginning her motion the pitcher must “**present the ball**” to the batter. Simply, at the start of the pitch, while facing the batter with one or both feet in contact with the pitcher’s plate, the pitcher’s hands must be separated. At the start of her windup, the pitcher shall bring her hands (ball and glove) together in front of the body for not less than one second and not more than 10 seconds before starting the delivery.
4. The windmill pitch is delivered with only **one, 360-degree, full circle arm motion** with the ball.
5. As the pitcher delivers the ball, the **back (power) foot or pivot (right for right handed pitchers) foot must remain in contact with the ground**. If the pitcher’s rear foot drags off the pitching rubber during release, but remains in constant contact with the ground, it is still considered in contact with the pitching rubber and is legal. Lifting and replanting the drag foot is not permitted and results in an illegal pitch. Any skip or hop that results in the foot leaving the ground and being planted before the pitch is considered an illegal “Crow Hop pitch.”

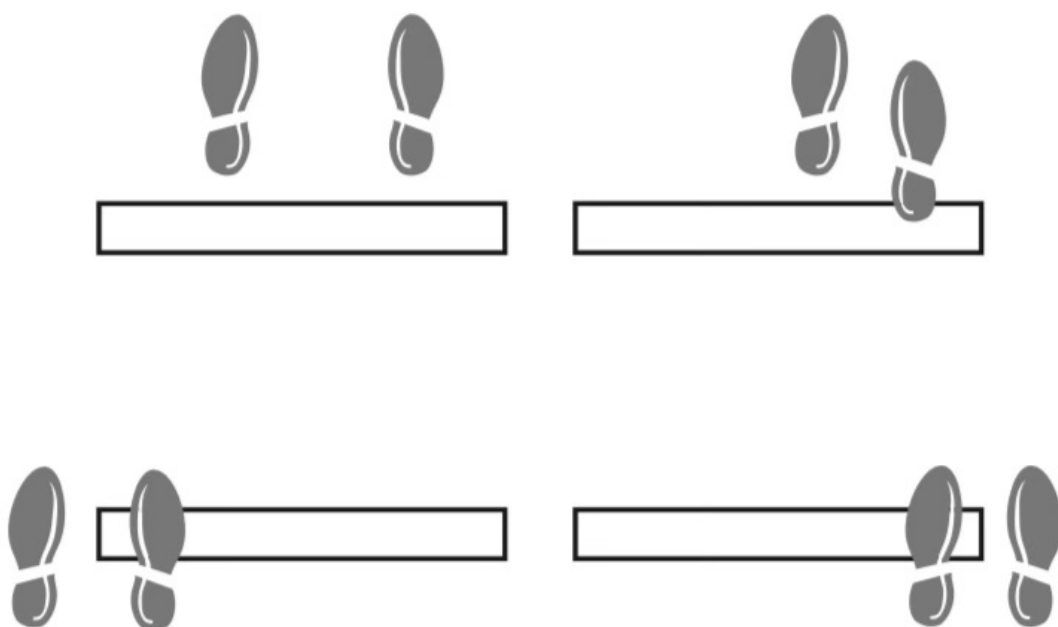
Crow Hopping, as the name suggests, is when the pitcher winds up, plants both feet down and essentially hops forward. While it may not seem that serious of an issue, it cuts the distance between the batter and the pitcher, therefore giving the pitcher an unfair advantage. Crow hopping usually occurs when the pitcher lands her foot down on the mound and hops forward slightly.

FOOT POSITIONS

LEGAL SOFTBALL



ILLEGAL SOFTBALL



Rookie Division Rules

Typical Grade Level	Pre-K and K
Base Rule Set	WHGSL only
Style	T-Ball
Umpire	Coaches to officiate game
Game Ball	The home team must provide one new ball and one good back up ball for each game. Balls are furnished by the league.
Coach Application	All coaches/volunteers must complete a Volunteer Application and be approved before they are allowed on the field.
Safety	For safety, all players shall remain on the bench unless they are batting, waiting to bat, on base, base coaching, or fielding. All equipment will be behind the bench or backstop.
Cancellations	Coaches may cancel practices or games by mutual agreement. The town may close fields at their discretion. During the game, umpires(if applicable) will make the determination. ANY SIGNS OF LIGHTNING WARRANT IMMEDIATE CANCELLATION.
Coaching Rules	Coaches will not direct any player from the opposing team in any way. This includes telling them to stop running or to go back to a base. This should be left to the players own coach.
Ball Size	10-inch "safety" ball
Target Innings	3 innings
Game Time Limits	1 hour maximum
Inning Limits	After all players have batted.
Scoring/Extra Innings	n/a. No score or outs will be recorded to emphasize the instructional aspect of the league. If an out is made, the runner must return to the dugout.
Standings	No
Playoffs	No
Transition Time	Transition time between innings shall be 2 minutes.

Continuous Batting Order	A continuous batting order will be used throughout the entire game. Any players that arrive after the game has begun will be placed, as they arrive, at the bottom of the order. The batting order will be followed whether or not a player is actively playing in the field. Should a player be forced to leave the game, her position in the batting order will be eliminated, and the next player listed will bat. Should the same player return and continue to play, the player must re-enter in the same slot that she had previously held. The opposing team must be notified when a change is made to the continuous order.
Defensive Positioning	All Players take field: No Catcher, 1 Fielding Pitcher, 4 Infielders, Remaining Players should play on edge of outfield grass
Defensive Positioning	Proper positioning must be taught, with adjustment of the pitching position for safety reasons. Infielders may not stand on the bases when the ball is being pitched. They may move to the appropriate base when the ball reaches the plate. If contact with the ball has not been made, they will return to the proper fielding position. "Outfield" is declared as the grass area behind the base path. Outfielders may play as close as the grass line meets the dirt, but must have both feet on the grass until the batter makes contact with the ball.
Playing Time	All players take field
Minimum Required Players	n/a
Forfeits	n/a
Coaches on Field	Unlimited
Special Batting/Pitching Rules	Batter to hit the ball off the tee. To prepare the children for the next division, after the 4th game the coach should pitch to their players. If the player is unable to hit the pitched ball after three strikes -- the ball is placed on a tee and the player's turn continues. A ball hit off the tee in fair territory must be played as a hit even if it wasn't hit solidly off the tee.
Walks	n/a
Dropped 3rd Strike	n/a
Bunting	Not Allowed
Infield Fly	n/a
Hit by Pitch	n/a
Pitching Mechanics	n/a
Pitching Limits	n/a
Intentional Walks	n/a

Base Running	Base running will be station to station, or one base at a time, unless the ball is hit into the outfield then the runners can advance a maximum of two bases.
End of a Play	The ball must be played to the appropriate base in order to stop the runner from advancing. The play is dead after the player has control of the ball at the appropriate base or the ball is in the pitching circle. Coaches are strongly advised to not defeat the spirit of this rule by continuing to advance runners without regard for fair play or sound softball strategy. Additionally, coaches must not instruct the girls to automatically return the ball to the pitcher without regard for the position of runners on the diamond. Play is also dead if it hits an opposing coach in the field of play.
Tagging Up	No
Sliding	n/a
Steals	No
Leading	Runners may not leave a base until the pitched ball reaches the plate . Leaving the base or leading off prior to the pitched ball has reached home plate will result in the runner being called out.
Extra Bases on Overthrows	No
Equipment	<ul style="list-style-type: none"> * Players are required to wear a batting helmet with face mask when batting(including on deck) and running or base coaching. * Players may only wear sneakers or rubber cleats. * Players are required to be in their team's full uniform(Jersey, Softball Pants, Team Socks) at each game. Only league issued hats or visors are permitted. * Hoop earrings are not allowed. Loose jewelry (necklaces, bracelets) not recommended
1st Base Rules	A double 1st base will be used. Players must be taught that the batter running to 1st base is allowed the orange part of the base and the fielder is allowed the white part of the base. If the ball is hit to the outfield and a play at first is not possible, the fielder will allow the runner the white part of the base for advancing to 2nd base. The runner at 1st base is allowed the white part of the base.
Base Distance	45 feet
Pitching Distance	n/a

Field Specifications	Pitching Circle (8' around division pitcher's rubber); Batter's Box: 7' X 3': Extend 4' forward from center of home plate; Extends 3' back from center of home plate
Batter's Box Width	Starts 4" from side of home

Training Division Rules

Division	Training
Typical Grade Level	1st & 2nd
Base Rule Set	WHGSL only
Style	Coach Pitch
Umpire	Coaches to officiate game
Game Ball	The home team must provide one new ball and one good back up ball for each game. Balls are furnished by the league.
Coach Application	All coaches/volunteers must complete a Volunteer Application and be approved before they are allowed on the field.
Safety	For safety, all players shall remain on the bench unless they are batting, waiting to bat, on base, base coaching, or fielding. All equipment will be behind the bench or backstop.
Cancellations	Coaches may cancel practices or games by mutual agreement. The town may close fields at their discretion. During the game, umpires(if applicable) will make the determination. ANY SIGNS OF LIGHTNING WARRANT IMMEDIATE CANCELLATION.
Coaching Rules	Coaches will not direct any player from the opposing team in any way. This includes telling them to stop running or to go back to a base. This should be left to the players own coach.
Ball Size	11-inch "safety" ball
Target Innings	6 innings
Game Time Limits	The inning in play at 1 hour after the originally scheduled start time shall be determined to be the final inning. e.g. If the game is scheduled to start at 6:00, the inning in play at 7:00 is the final inning. If an inning ends at 7:01, the game is over.
Inning Limits	4 runs per inning maximum or 3 outs whichever comes first.
Scoring/Extra Innings	No Extra Innings. With the exception of the playoffs, if the score is tied at the end of the last inning, the game shall end in a tie.
Standings	Standings will be maintained and visible online. Seeding will primarily be determined by wins. Win=3 points. Tie = 1 point. Loss = 0 points. Tiebreaks will be broken by the following: 1)highest winning % 2) head-to-head record; 3)greatest run differential; 4) lowest runs against 5) coin flip

Playoffs	No
Transition Time	Transition time between innings shall be 2 minutes.
Continuous Batting Order	A continuous batting order will be used throughout the entire game. Any players that arrive after the game has begun will be placed, as they arrive, at the bottom of the order. The batting order will be followed whether or not a player is actively playing in the field. Should a player be forced to leave the game, her position in the batting order will be eliminated, and the next player listed will bat. Should the same player return and continue to play, the player must re-enter in the same slot that she had previously held. The opposing team must be notified when a change is made to the continuous order.
Defensive Positioning	All Players Take Field: 1 Catcher, 2 Fielding Pitchers(must be behind coach pitcher), 4 Infielders, Remaining Players should play on edge of outfield grass
Defensive Positioning	Proper positioning must be taught, with adjustment of the pitching position for safety reasons. Infielders may not stand on the bases when the ball is being pitched. They may move to the appropriate base when the ball reaches the plate. If contact with the ball has not been made, they will return to the proper fielding position. "Outfield" is declared as the grass area behind the base path. Outfielders may play as close as the grass line meets the dirt, but must have both feet on the grass until the batter makes contact with the ball.
Playing Time	All players take field
Minimum Required Players	7 Players
Forfeits	Team must forfeit if they do not have the minimum required players. In the event of a forfeit, the winning team will record a score of 7-0. Teams should still attempt to play a practice game even if some girls have to be loaned to the short-handed team.
Coaches on Field	Offense: 1 coach for pitching, 1 coach for first base, and 1 coach for 3rd base. These coaches are responsible for calling their own runners safe or out. Defense: 2 defensive coaches are allowed on the field of play (in the outfield) and are allowed to speak to, but not assist any players An adult may be positioned behind the catcher to assist in returning the ball to the pitcher and speeding up the game.

Special Batting/Pitching Rules	Coach will pitch to his/her own players. If the batter does not put the ball in play before 3 strikes, the ball will be placed on the tee and the batter will get 3 additional strikes. If the batter fails to hit off the tee, the batter will be out. A ball hit off the tee in fair territory must be played as a hit even if it wasn't hit solidly off the tee. If the player makes contact with the tee only (no ball) it will be called a strike regardless of if the ball rolls into fair or foul territory. Coach pitching must avoid interfering with any defensive player.
Walks	No walks allowed. Batter is out if the ball is not put in play after the 3 swings off the tee.
Dropped 3rd Strike	No
Bunting	Not Allowed
Infield Fly	n/a
Hit by Pitch	No
Pitching Mechanics	n/a
Pitching Limits	n/a
Intentional Walks	n/a
Base Running	Base running will be station to station, or one base at a time, unless the ball is hit into the outfield then the runners can advance a maximum of two bases.
End of a Play	The ball must be played to the appropriate base in order to stop the runner from advancing. The play is dead after the player has control of the ball at the appropriate base or the ball is in the pitching circle. Coaches are strongly advised to not defeat the spirit of this rule by continuing to advance runners without regard for fair play or sound softball strategy. Additionally, coaches must not instruct the girls to automatically return the ball to the pitcher without regard for the position of runners on the diamond. Play is also dead if it hits an opposing coach in the field of play.
Tagging Up	No
Sliding	n/a
Steals	No
Leading	Runners may not leave a base until the pitched ball reaches the plate . Leaving the base or leading off prior to the pitched ball has reached home plate will result in the runner being called out.
Extra Bases on Overthrows	No

Equipment	<ul style="list-style-type: none"> * Players are required to wear a batting helmet with face mask when batting(including on deck) and running or base coaching. * Players may only wear sneakers or rubber cleats. * Players are required to be in their team's full uniform(Jersey, Softball Pants, Team Socks) at each game. Only league issued hats or visors are permitted. * Hoop earrings are not allowed. Loose jewelry (necklaces, bracelets) not recommended
1st Base Rules	A double 1st base will be used. Players must be taught that the batter running to 1st base is allowed the orange part of the base and the fielder is allowed the white part of the base. If the ball is hit to the outfield and a play at first is not possible, the fielder will allow the runner the white part of the base for advancing to 2nd base. The runner at 1st base is allowed the white part of the base.
Base Distance	60 feet
Pitching Distance	35 feet (Coach may move closer if needed)
Field Specifications	Pitching Circle (8' around division pitcher's rubber); Batter's Box: 7' X 3': Extend 4' forward from center of home plate; Extends 3' back from center of home plate
Batter's Box Width	Starts 4" from side of home

Minors Division Rules

Division	Minors
Typical Grade Level	3rd & 4th
Base Rule Set	National Little League Rules
Style	Player Pitch w/ Assist
Umpire	League Approved Umpire
Game Ball	The home team must provide one new ball and one good back up ball for each game. Balls are furnished by the league.
Coach Application	All coaches/volunteers must complete a Volunteer Application and be approved before they are allowed on the field.
Safety	For safety, all players shall remain on the bench unless they are batting, waiting to bat, on base, base coaching, or fielding. All equipment will be behind the bench or backstop.
Cancellations	Coaches may cancel practices or games by mutual agreement. The town may close fields at their discretion. During the game, umpires(if applicable) will make the determination. ANY SIGNS OF LIGHTNING WARRANT IMMEDIATE CANCELLATION.
Coaching Rules	Coaches will not direct any player from the opposing team in any way. This includes telling them to stop running or to go back to a base. This should be left to the players own coach.
Ball Size	11-inch ball
Target Innings	6 innings
Game Time Limits	The inning in play at 1 hour and 20 minutes after the originally scheduled start time shall be determined to be the final inning. e.g. If the game is scheduled to start at 6:00, the inning in play at 7:20 is the final inning. If an inning ends at 7:21, the game is over.
Inning Limits	4 runs per inning maximum or 3 outs whichever comes first.
Scoring/Extra Innings	No Extra Innings. With the exception of the playoffs, if the score is tied at the end of the last inning, the game shall end in a tie.
Standings	Standings will be maintained and visible online. Seeding will primarily be determined by wins. Win=3 points. Tie = 1 point. Loss = 0 points. Tiebreaks will be broken by the following: 1)highest winning % 2) head-to-head record; 3)greatest run differential; 4) lowest runs against 5) coin flip

Playoffs	Yes, all teams participate in playoffs
Transition Time	Transition time between innings shall be 2 minutes.
Continuous Batting Order	A continuous batting order will be used throughout the entire game. Any players that arrive after the game has begun will be placed, as they arrive, at the bottom of the order. The batting order will be followed whether or not a player is actively playing in the field. Should a player be forced to leave the game, her position in the batting order will be eliminated, and the next player listed will bat. Should the same player return and continue to play, the player must re-enter in the same slot that she had previously held. The opposing team must be notified when a change is made to the continuous order.
Defensive Positioning	10 Players(4 outfielders)
Defensive Positioning	Proper positioning must be taught, with adjustment of the pitching position for safety reasons. Infielders may not stand on the bases when the ball is being pitched. They may move to the appropriate base when the ball reaches the plate. If contact with the ball has not been made, they will return to the proper fielding position. "Outfield" is declared as the grass area behind the base path. Outfielders may play as close as the grass line meets the dirt, but must have both feet on the grass until the batter makes contact with the ball.
Playing Time	Min 3 Innings, Substitutions can occur at the beginning each inning. Mid-Inning substitutions can be made for injuries or pitching changes.
Minimum Required Players	8 Players
Forfeits	Team must forfeit if they do not have the minimum required players. In the event of a forfeit, the winning team will record a score of 7-0. Teams should still attempt to play a practice game even if some girls have to be loaned to the short-handed team.
Coaches on Field	Coach pitcher will be stationed behind the player pitcher Coach pitcher is to step in to pitch for player pitcher per Special Batting/Pitching Rules below
Special Batting/Pitching Rules	New rules will be piloted. 1st 4 games: Player pitchers can issue only one walk per inning. Subsequent to the first walk in each inning, if the player pitcher reaches 4 balls for any single batter, the coach will come in to pitch to that one batter until the batter either hits or strikes out. When the

	<p>coach comes in to pitch, one strike is subtracted from the count. No walks or hit batters will be recorded when a coach is pitching, but strikes and strikeouts must be enforced. The player pitcher resumes pitching to the next batter</p> <p>After the 4th game(at discretion of the Division Director): Each inning, the player pitcher will pitch until 3 outs, 3 walks, or 2 hit batters are recorded, whichever comes first. If 3 walks OR 2 hit batters are recorded, the offense's coach will pitch to all subsequent batters for the duration of the current inning. No walks or hit batters will be recorded when a coach is pitching, but strikes and strikeouts must be enforced.</p>
Walks	See above
Dropped 3rd Strike	No
Bunting	Allowed
Infield Fly	n/a
Hit by Pitch	Yes, if Player Pitcher hits batter, runner will be awarded first
Pitching Mechanics	Modified fast pitch: Windmill motion is allowed. A "flat" pitch would be appropriate, regardless of motion.
Pitching Limits	3 innings per game. 1 pitch in an inning does constitute an inning.
Intentional Walks	No
Base Running	Runners should advance with regard to fair play and sound softball strategy
End of a Play	The ball must be played to the appropriate base in order to stop the runner from advancing. The play is dead after the player has control of the ball at the appropriate base or the ball is in the pitching circle. Coaches are strongly advised to not defeat the spirit of this rule by continuing to advance runners without regard for fair play or sound softball strategy. Additionally, coaches must not instruct the girls to automatically return the ball to the pitcher without regard for the position of runners on the diamond. Play is also dead if it hits an opposing coach in the field of play.
Tagging Up	Yes

Sliding	Sliding is encouraged, and is required at all bases, except at first base, should the defensive player, ball in hand, have a play. The intent of this rule is to avoid player collisions and to have the runner learn to slide. Discretion is needed in officiating whether or not the runner will be called out. If the umpire determines that a collision could have taken place the runner will be called out if she does not slide and there is a play at the base.
Steals	Stealing is permitted only when the player pitcher is pitching and only to 3rd base and home, including passed balls. Players may not advance, when stealing a base, beyond the single base being stolen. The intent is to encourage the catcher to throw out the runner, thus not being penalized for a miss-thrown ball. Players must slide if stealing home if there is a play at the plate for safety reasons. If the player doesn't slide, they are out
Leading	Runners may not leave a base until the pitched ball reaches the plate . Leaving the base or leading off prior to the pitched ball has reached home plate will result in the runner being called out.
Extra Bases on Overthrows	No extra base will be allowed on an overthrow into foul territory. For overthrows in fair territory, the ball remains live and runners can advance one base. There can only be one overthrow per play.
Equipment	<ul style="list-style-type: none"> * Players are required to wear a batting helmet with face mask when batting(including on deck) and running or base coaching. * Players may only wear sneakers or rubber cleats. * Players are required to be in their team's full uniform(Jersey, Softball Pants, Team Socks) at each game. Only league issued hats or visors are permitted. * Hoop earrings are not allowed. Loose jewelry (necklaces, bracelets) not recommended
1st Base Rules	A double 1st base will be used. Players must be taught that the batter running to 1st base is allowed the orange part of the base and the fielder is allowed the white part of the base. If the ball is hit to the outfield and a play at first is not possible, the fielder will allow the runner the white part of the base for advancing to 2nd base. The runner at 1st base is allowed the white part of the base.
Base Distance	60 feet
Pitching Distance	35 feet

Field Specifications	Pitching Circle (8' around division pitcher's rubber); Batter's Box: 7' X 3': Extend 4' forward from center of home plate; Extends 3' back from center of home plate
Batter's Box Width	Starts 6" from side of home

Majors Division Rules

Division	Majors
Typical Grade Level	5th & 6th
Base Rule Set	National Little League Rules
Style	Player Pitch
Umpire	ASA or League approved Umpire
Game Ball	The home team must provide one new ball and one good back up ball for each game. Balls are furnished by the league.
Coach Application	All coaches/volunteers must complete a Volunteer Application and be approved before they are allowed on the field.
Safety	For safety, all players shall remain on the bench unless they are batting, waiting to bat, on base, base coaching, or fielding. All equipment will be behind the bench or backstop.
Cancellations	Coaches may cancel practices or games by mutual agreement. The town may close fields at their discretion. During the game, umpires(if applicable) will make the determination. ANY SIGNS OF LIGHTNING WARRANT IMMEDIATE CANCELLATION.
Coaching Rules	Coaches will not direct any player from the opposing team in any way. This includes telling them to stop running or to go back to a base. This should be left to the players own coach.
Ball Size	12-inch ball
Target Innings	6 innings
Game Time Limits	The inning in play at 1 hour and 40 minutes after the originally scheduled start time shall be determined to be the final inning. e.g. If the game is scheduled to start at 6:00, the inning in play at 7:40 is the final inning. If an inning ends at 7:41, the game is over.
Inning Limits	1st - 5th Inning: 4 runs per inning or 3 outs whichever comes first 6th inning only: 9 batter maximum or 3 outs whichever comes first
Scoring/Extra Innings	No Extra Innings. With the exception of the playoffs, if the score is tied at the end of the last inning, the game shall end in a tie. A 15-run rule will end the game if a team is winning by 15 runs or more after 5 innings (4 1 /2 innings if the home team is ahead). The score is final at this point. If both coaches agree, teams may continue playing for fun. No further runs shall be counted.

Standings	Standings will be maintained and visible online. Seeding will primarily be determined by wins. Win=3 points. Tie = 1 point. Loss = 0 points. Tiebreaks will be broken by the following: 1)highest winning % 2) head-to-head record; 3)greatest run differential; 4) lowest runs against 5) coin flip
Playoffs	Yes, all teams participate in playoffs
Transition Time	Transition time between innings shall be 2 minutes.
Continuous Batting Order	A continuous batting order will be used throughout the entire game. Any players that arrive after the game has begun will be placed, as they arrive, at the bottom of the order. The batting order will be followed whether or not a player is actively playing in the field. Should a player be forced to leave the game, her position in the batting order will be eliminated, and the next player listed will bat. Should the same player return and continue to play, the player must re-enter in the same slot that she had previously held. The opposing team must be notified when a change is made to the continuous order.
Defensive Positioning	9 Players(3 outfielders)
Defensive Positioning	Proper positioning must be taught, with adjustment of the pitching position for safety reasons. Infielders may not stand on the bases when the ball is being pitched. They may move to the appropriate base when the ball reaches the plate. If contact with the ball has not been made, they will return to the proper fielding position. "Outfield" is declared as the grass area behind the base path. Outfielders may play as close as the grass line meets the dirt, but must have both feet on the grass until the batter makes contact with the ball.
Playing Time	Min 3 Innings, Substitutions can occur at the beginning each inning. Mid-Inning substitutions can be made for injuries or pitching changes.
Minimum Required Players	8 Players
Forfeits	Team must forfeit if they do not have the minimum required players. In the event of a forfeit, the winning team will record a score of 7-0. Teams should still attempt to play a practice game even if some girls have to be loaned to the short-handed team.
Coaches on Field	No coaches are allowed on the field with the exception of 1st and 3rd base coaches
Special Batting/Pitching	n/a

Rules	
Walks	Yes
Dropped 3rd Strike	On a third strike, the batter becomes a runner when the catcher fails to catch the ball before it touches the ground and; a.) First base is not occupied and there are fewer than two outs at the time of the pitch, or b.) Any time there are two outs.
Bunting	Allowed
Infield Fly	n/a
Hit by Pitch	Yes, batter is awarded 1st base
Pitching Mechanics	See pitching rules. The first illegal pitch, per pitcher per game, will be called a no pitch, with a warning given; An illegal pitch is a delayed dead ball situation. Subsequent illegal pitches will be called a ball.
Pitching Limits	3 innings per game. 1 pitch in an inning does constitute an inning.
Intentional Walks	No
Base Running	Runners should advance with regard to fair play and sound softball strategy
End of a Play	The ball must be played to the appropriate base in order to stop the runner from advancing. The play is dead after the player has control of the ball at the appropriate base or the ball is in the pitching circle. Coaches are strongly advised to not defeat the spirit of this rule by continuing to advance runners without regard for fair play or sound softball strategy. Additionally, coaches must not instruct the girls to automatically return the ball to the pitcher without regard for the position of runners on the diamond. Play is also dead if it hits an opposing coach in the field of play.
Tagging Up	Yes
Sliding	Sliding is encouraged, and is required at all bases, except at first base, should the defensive player, ball in hand, have a play. The intent of this rule is to avoid player collisions and to have the runner learn to slide. Discretion is needed in officiating whether or not the runner will be called out. If the umpire determines that a collision could have taken place the runner will be called out if she does not slide and there is a play at the base.
Steals	Yes
Leading	Runners may not leave a base until the pitched ball reaches the plate . Leaving the base or leading off prior to the pitched ball has reached

	home plate will result in the runner being called out.
Extra Bases on Overthrows	Yes
Equipment	<ul style="list-style-type: none"> * Players are required to wear a batting helmet with face mask when batting(including on deck) and running or base coaching. * Players may only wear sneakers or rubber cleats. * Players are required to be in their team's full uniform(Jersey, Softball Pants, Team Socks) at each game. Only league issued hats or visors are permitted. * Hoop earrings are not allowed. Loose jewelry (necklaces, bracelets) not recommended
1st Base Rules	A double 1st base will be used. Players must be taught that the batter running to 1st base is allowed the orange part of the base and the fielder is allowed the white part of the base. If the ball is hit to the outfield and a play at first is not possible, the fielder will allow the runner the white part of the base for advancing to 2nd base. The runner at 1st base is allowed the white part of the base.
Base Distance	60 feet
Pitching Distance	40 feet
Field Specifications	Pitching Circle (8' around division pitcher's rubber); Batter's Box: 7' X 3': Extend 4' forward from center of home plate; Extends 3' back from center of home plate
Batter's Box Width	Starts 6" from side of home

Senior Division Rules

Division	Seniors
Typical Grade Level	7th & 8th
Base Rule Set	ASA Rules
Style	Player Pitch
Umpire	ASA or League approved Umpire
Game Ball	The home team must provide one new ball and one good back up ball for each game. Balls are furnished by the league.
Coach Application	All coaches/volunteers must complete a Volunteer Application and be approved before they are allowed on the field.
Safety	For safety, all players shall remain on the bench unless they are batting, waiting to bat, on base, base coaching, or fielding. All equipment will be behind the bench or backstop.
Cancellations	Coaches may cancel practices or games by mutual agreement. The town may close fields at their discretion. During the game, umpires(if applicable) will make the determination. ANY SIGNS OF LIGHTNING WARRANT IMMEDIATE CANCELLATION.
Coaching Rules	Coaches will not direct any player from the opposing team in any way. This includes telling them to stop running or to go back to a base. This should be left to the players own coach.
Ball Size	12-inch ball
Target Innings	7 innings
Game Time Limits	The inning in play at 1 hour and 40 minutes after the originally scheduled start time shall be determined to be the final inning. e.g. If the game is scheduled to start at 6:00, the inning in play at 7:40 is the final inning. If an inning ends at 7:41, the game is over.
Inning Limits	There is a (9) batter rule with the exception of the 7th and extra innings.

Scoring/Extra Innings	Extra Innings are played to break ties. A 15-run rule will end the game if a team is winning by 15 runs or more after 5 innings (4 1 /2 innings if the home team is ahead). The score is final at this point. If both coaches agree, teams may continue playing for fun. No further runs shall be counted.
Standings	Standings will be maintained and visible online. Seeding will primarily be determined by wins. Win=3 points. Tie = 1 point. Loss = 0 points. Tiebreaks will be broken by the following: 1)highest winning % 2) head-to-head record; 3)greatest run differential; 4) lowest runs against 5) coin flip
Playoffs	Yes, all teams participate in playoffs. A player must participate in 50% of scheduled games to take part in playoff/tournament at the end of the season.(SENIORS ONLY)
Transition Time	Transition time between innings shall be 2 minutes.
Continuous Batting Order	A continuous batting order will be used throughout the entire game. Any players that arrive after the game has begun will be placed, as they arrive, at the bottom of the order. The batting order will be followed whether or not a player is actively playing in the field. Should a player be forced to leave the game, her position in the batting order will be eliminated, and the next player listed will bat. Should the same player return and continue to play, the player must re-enter in the same slot that she had previously held. The opposing team must be notified when a change is made to the continuous order.
Defensive Positioning	9 Players(3 outfielders)
Defensive Positioning	Proper positioning must be taught, with adjustment of the pitching position for safety reasons. Infielders may not stand on the bases when the ball is being pitched. They may move to the appropriate base when the ball reaches the plate. If contact with the ball has not been made, they will return to the proper fielding position. "Outfield" is declared as the grass area behind the base path. Outfielders may play as close as the grass line meets the dirt, but must have both feet on the grass until the batter makes contact with the ball.
Playing Time	Min 3 Innings, Substitutions can occur at the beginning each inning. Mid-Inning substitutions can be made for injuries or pitching changes.
Minimum Required Players	8 Players

Forfeits	Team must forfeit if they do not have the minimum required players. In the event of a forfeit, the winning team will record a score of 7-0. Teams should still attempt to play a practice game even if some girls have to be loaned to the short-handed team.
Coaches on Field	No coaches are allowed on the field with the exception of 1st and 3rd base coaches
Special Batting/Pitching Rules	n/a
Walks	Yes
Dropped 3rd Strike	On a third strike, the batter becomes a runner when the catcher fails to catch the ball before it touches the ground and; a.) First base is not occupied and there are fewer than two outs at the time of the pitch, or b.) Any time there are two outs.
Bunting	Allowed
Infield Fly	Yes
Hit by Pitch	Yes, batter is awarded 1st base
Pitching Mechanics	See pitching rules. The first illegal pitch, per team per game, will be called a no pitch, with a warning given; The warning will be issued only once to each team per game. An illegal pitch is a delayed dead ball situation. Subsequent illegal pitches will be called a ball.
Pitching Limits	5 innings per game with the exception of extra innings. 1 pitch in an inning does constitute an inning. Free substitutions are allowed in extra innings
Intentional Walks	No
Base Running	Runners should advance with regard to fair play and sound softball strategy
End of a Play	The ball must be played to the appropriate base in order to stop the runner from advancing. The play is dead after the player has control of the ball at the appropriate base or the ball is in the pitching circle. Coaches are strongly advised to not defeat the spirit of this rule by continuing to advance runners without regard for fair play or sound softball strategy. Additionally, coaches must not instruct the girls to automatically return the ball to the pitcher without regard for the position of runners on the diamond. Play is also dead if it hits an opposing coach in the field of play.
Tagging Up	Yes

Sliding	Sliding is encouraged, and is required at all bases, except at first base, should the defensive player, ball in hand, have a play. The intent of this rule is to avoid player collisions and to have the runner learn to slide. Discretion is needed in officiating whether or not the runner will be called out. If the umpire determines that a collision could have taken place the runner will be called out if she does not slide and there is a play at the base.
Steals	Yes
Leading	Runners may not leave a base until the pitched ball leaves the pitcher's hand. Leaving the base or leading off prior to the pitched ball leaving the pitcher's hand will result in the runner being called out.
Extra Bases on Overthrows	Yes
Equipment	<ul style="list-style-type: none"> * Players are required to wear a batting helmet with face mask when batting(including on deck) and running or base coaching. * Players may only wear sneakers or rubber cleats. * Players are required to be in their team's full uniform(Jersey, Softball Pants, Team Socks) at each game. Only league issued hats or visors are permitted. * Hoop earrings are not allowed. Loose jewelry (necklaces, bracelets) not recommended
1st Base Rules	A double 1st base will be used. Players must be taught that the batter running to 1st base is allowed the orange part of the base and the fielder is allowed the white part of the base. If the ball is hit to the outfield and a play at first is not possible, the fielder will allow the runner the white part of the base for advancing to 2nd base. The runner at 1st base is allowed the white part of the base.
Base Distance	60 feet
Pitching Distance	43 feet
Field Specifications	Pitching Circle (8' around division pitcher's rubber); Batter's Box: 7' X 3': Extend 4' forward from center of home plate; Extends 3' back from center of home plate
Batter's Box Width	Starts 6" from side of home

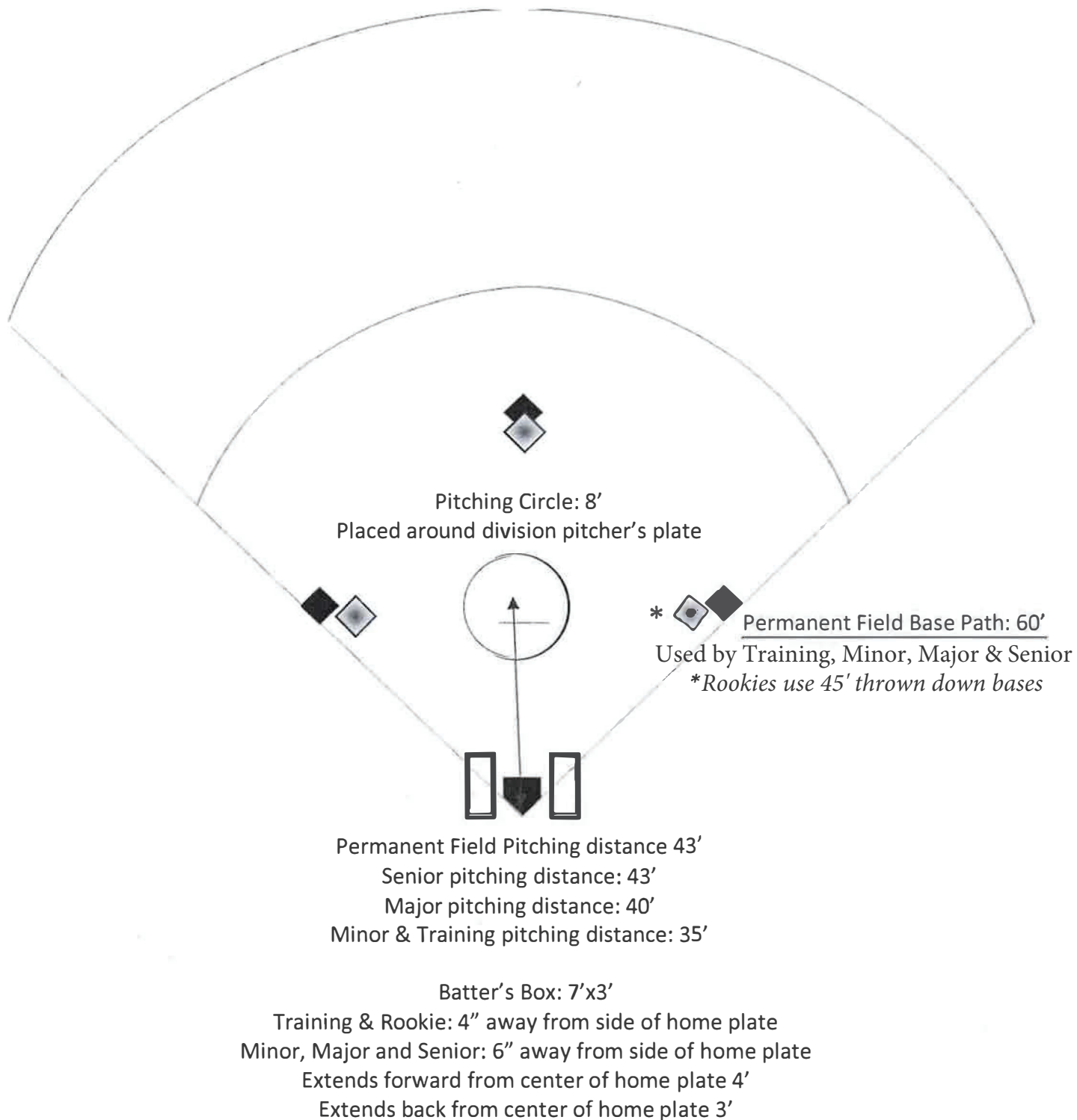
Major's & Senior Division Drafting Procedures(Proposal)

- Draft will be guided by skill assessment with a goal of creating equally skilled teams and a competitive division.
- All players should participate in assessment day. There should be a makeup assessment to accommodate any players not able to attend initial assessment prior to the draft. Majors coaches will assess Seniors Players and vice versa.
- The assessment will grade/score each player on a scale of 1(lowest skill)-5(highest skill) on an absolute basis of achieving certain skill requirements
- Daughters of head coaches will be pre-assigned a draft spot on their parent's team aligned to their relative rank
- Head coaches can pre-select 1 assistant coach whose daughter will also be pre-assigned a draft spot within their relative rank. All other assistant coaches must be acquired via trade discussions and result in an equal swap of skill levels for the player associated with that assistant coach
- Draft order will be determined by random number draw from a hat
- 2 Pitchers should be drafted first to ensure each team has strong pitching. Pitchers will be included as pre-selections throughout the remainder of the draft.
- Head coaches will draft players within each ranked pool in a "snake" format until there is an equal number of players of that rank on the each team. The draft will skip over preselected players in the order which they were ranked. *For instance, if the team with the first pick also has preselected the top "5", they will not pick in the first round, since they already have their pick of that rank pre-selected to their team. Teams draft until they each have the predetermined number of players that ensures everyone has the same number of "5"s.*
- Trade requests (such as to join players from prior teams) will be granted as long as swaps of equivalent skill can be made. All changes or trades must be approved by the League President and the director of the division. Should there be a conflict, the Director of Player Development will break the tie.
- Any players added to the league subsequent to the draft should be assessed based on history/experience and distributed to the competitively appropriate team
- Board reserves the right to make any necessary competitive adjustments such that each team has equal skills.

	Red	Blue	Green	Yellow
1(5s)			Green Daughter	
2(5s)	Red Daughter			
3(4s)		Blue daughter		
4(4s)				
5(3s)				Yellow Daughter
6(3s)				
7(2s)				
8(2s)				
9(1s)				
10(1s)				

West Hartford Girls' Softball League

Field specifications



West Hartford Girls Softball League

Skill Milestones by Division

Rookie (Pre-K & K; Ages 4 – 5)

- Learn where each position is in the field
- Learn the 4 bases
- Play all positions
- Introduce Ready Defensive position
- Mechanics of running the bases (base to base)
- Basic throwing mechanics – having a catch
- Basic catching mechanics
- Basic swing mechanics – make contact/eye on the ball/where to stand)
- Hit off a tee
- Introduce hitting off coach (front toss) during pre-game practice, starting in 5th game
- Understand concept of an “out” made in the field (runner must leave field, but all players will bat each inning regardless of outs)
- Learn how to quickly transition between innings (field to batting and vice versa)
- Keep track of own equipment
- Have fun

Training Division (Grades 1 & 2; Ages 6 – 7)

- All skills listed for Rookie Division
- Hit off live pitcher (coach)
- Introduce load while hitting
- Play all positions
- Ready Defensive Position
- Throw & catch from medium distance (Home to 1B)
- Introduce pop-ups/fly balls
- Base running more than one base at a time (taking an extra base for ball hit to outfield)
- Introduce leading off the bases (when ball crosses plate)
- Introduce sliding (player will not be penalized for not sliding in this division, but should be encouraged to learn and practice this skill)
- Introduce pitching & catching specialties (pitching only in practices)
- Learn rules re making outs in the field - force play v tag play (Where’s the play? Where can we get a force out?)
- Introduce bench cheers
- Keep track of own equipment
- Have fun

Minors Division (Grades 3 & 4; Ages 8 – 10)

- All skills from Rookie and Training Divisions
- Focused pitching instruction for interested players

- Focused catcher instruction
- Introduction to uniqueness of each position and begin to introduce concept of position specialization by end of season
- Ready defensive position required
- Throwing & catching from long distance (Home to 2B)
- Teach outfield cutoff
- Work on aggressive fly ball fielding and coverage
- Teach getting ball back to pitcher circle quickly (concept of live ball)
- Introduce run downs (pickles) by end of season
- Practice load while hitting
- Introduce extension while hitting
- Introduce bunting
- Aggressive base running more than one base
- Teach concept of tagging up
- Leading off the bases
- Introduce stealing bases
- Continue to teach sliding and encourage during games (runner may be called out if collision)
- Bench cheers
- Teach good sportsmanship
- Introduce Summer Travel and All-Star teams (10U)
- Have fun

Majors Division (Grades 5 & 6; Ages 10 – 12)

- All skills from prior divisions
- Move towards position specialization (1-2 infield and outfield positions)
- Ready defensive position Required
- Throwing & catching from longer distance (CF to 3B)
- Specialized pitching & catching skills
- Consistent use of outfield cutoff
- Review concept of live ball (getting ball back to pitcher circle quickly)
- Run downs (Pickles)
- Teach “dropped 3rd strike” rule
- Hitting to extension with load
- Advanced base running skills, including leading off the bases, stealing bases, and tagging up
- Advanced sliding skills
- Teach bunting to 1st and 3rd
- Bench cheers
- Teach good sportsmanship
- Summer Travel and All-Star teams (10U/12U)
- Have fun

Senior Division (Grades 7, 8, & 9; Ages 13 – 15)

- All skills from prior divisions
- Position specialization (1 or 2 infield and 1 or 2 outfield positions)
- Ready defensive position required
- Throwing & catching from longer distance (shallow/medium throw, e.g. CF to Home)
- Advanced base running skills, includes leading off the bases (upon pitcher release of ball and advanced base stealing)
- Advanced sliding skills
- Specialized pitching & catching skills
- Run downs (Pickles)
- Bunting to 1st and 3rd and introduce slap hitting
- Demonstrate advanced knowledge of all game rules
- Teach good sportsmanship
- Summer Travel and All-Star teams (12U/15U)
- Have fun

Board			
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Red Sox	Colleen Valentine	colleenb.valentine@gmail.com	860-985-4119
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Diamondbacks	John Patoka	johnpatoka@yahoo.com	860-874-1761
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Dodgers	Irene Williamson	ilassman@gmail.com	860-543-4035
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Tigers	Maryann Esposito	mrsespo412@gmail.com	201-874-4165
Marlins	John Quinn	johnquinn11@yahoo.com	860-463-4822
Mets	Amanda Moras	amanda.moras@gmail.com	909-489-1855
Angels	Brian Corey	briancorey@sbcglobal.net	860-878-7758
Rookie Division			
Pink Team	Rachel Bicking	rachel.bicking@gmail.com	860-795-4868
Blue Team	Gary Lafferty	garylafferty2@gmail.com	203-217-2972
Red Team	Abiah Ruel	abiahruel@gmail.com	203-644-7406
Purple Team	Dan Murray	Danmurray23@gmail.com	860-796-7329