



since 1983

# West Hartford Girls Softball League

**2026 Coaches Manual  
and Rulebook**

**Pre-K through 9th Grade Girls**

[www.whsoftball.com](http://www.whsoftball.com)

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Connect Energy Resources	Jake Brooks	jake.t.brooks@gmail.com	646-245-6591
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Prime Materials Recovery	Amy Bieniek	amy.bieniek@gmail.com	412-445-9046
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West Hartford Lock	Julie Cutler	juliefcutler@gmail.com	860-992-8872
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<b>Rookies Division (6)</b>	<b>Rookies Head Coach</b>	<b>Email</b>	<b>Phone</b>
Pink Team (Sally & Bobs)	Renee Kamauf	renekamauf@gmail.com	860-878-8803
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Yellow Team (The Brine Team Real Estate)	Alyssa Mansolf	amansolf@gmail.com	860-301-5626
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## Spring 2026 Rule Updates Summary

1. Sportsmanship - Team cheers should be respectful. Cheers that motivate and inspire your own team are encouraged. Cheers that taunt, distract, or put down the opposite team are prohibited. It is against the rules to cheer or scream during the delivery of a pitch.
2. Standings Guidelines & Playoff Structure -
  - Updated points awarded for a win from 3 to 2 to give more relative credit for ties(1 point) and align with how other sports leagues value ties(0.5 the value of a win)
  - Minors Playoffs - Top 4 seeded teams will make playoffs. The lowest seed plays the highest seed in the semifinals.
  - Major Playoffs - All teams make playoffs. The top 2 seeds get a bye. First round: 3 vs 6 and 4 vs 5. The winner of 3 vs 6 plays the 2 seed in the semifinal. The winner of 4/5 plays the 1 seed in the semifinal.
  - Juniors Playoffs - All 4 teams make playoffs. The lowest seed plays the highest seed in semifinals.
3. Rule Adjustments:
  - Training/Minors: Reduces target innings for training division to 4 innings; Reduced minors target innings to 5 innings.
  - Juniors - Removed 9 batter rule. Updated to 6-run rule in all innings including the "last" inning. Playoffs remains uncapped in all innings. Added mercy rule in playoffs to align with Juniors Little League Tournament. Removed pitching inning limits for Juniors.
  - Majors - For the playoffs, the run rule increases to 6-runs per innings in all innings(Reference: 4 runs in all innings during regular season)
  - Minors/Majors/Juniors - Removed time limits for playoff games. Noted: Playoff games will be scheduled to start 1 hour earlier to ensure the desired innings are reached.
  - Removed "mercy" rules w/ exception of uncapped Juniors playoff games. Given run caps in all innings, this is not necessary. If the game can not mathematically be won in the time remaining due to the run limits per inning, teams are encouraged to continue playing to get their players reps. This is left to the discretion of the coaches.
  - Run Limits per inning shall not apply for home runs or ground rule doubles hit over a physical fence(e.g. Norfeldt Field).
  - Updated extra inning rules to align with Little League rules; all extra innings start with a runner on 2nd base.
  - Minors - Explicitly clarified pitching rules. Strikes recorded on the batter from the player pitcher remain when the coach pitcher steps in. The count does not reset or subtract 1 strike.
  - Clarified that "No" intentional walks does not restrict a pitcher from throwing four balls outside the strike zone (Little League rule)

4. Updated game reporting instructions: The home team is responsible for reporting the score of the game directly on the website after the conclusion of the game(see instruction in Game Procedures section)
5. Draft Rules:
  - Added clarifier that if a head coach doesn't have a daughter in the division, his preselections are not to exceed 2 players.(e.g. can't pre-select sisters + 1)
  - Added verbiage to extend the review of preselections to coaches daughter + assistants daughter + pitchers + any pair of sisters in the draft.
  - Added verbiage about considering the overall impact of pitchers. "Eligible pitchers' final rating should reflect their overall skill set and ability to impact and influence the game. E.g. an elite and dominant pitcher may be undervalued if their batting/fielding skillset isn't as strong and therefore their assessment score may be in need of adjustment."
  - Added clarifying verbiage about procedure if a pre-selected player has the same assessed round as a player already preselected/drafted. i.e. that selection is your next available round pick.
  - Added rule prohibiting using back-to-back picks in an advantageous order.

# Code and Rules of Conduct

All Coaches are representatives of the West Hartford Girls Softball League(WHGSL) 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 their 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.

**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. Team cheers should be respectful. Cheers that motivate and inspire your own team

are encouraged. Cheers that taunt, distract, or put down the opposite team are prohibited. It is against the rules to cheer or scream during the delivery of a pitch.

**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](http://whsoftball.com)) regularly.

# Game Procedures

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

1. Bases and other field prep materials for Sterling and Norfeldt are stored in the Joboxes behind the associated backstops. Additional field prep materials (e.g. larger field liners) are available in the shed. Your coach's key will fit those boxes and the shed.
2. Games start at 6:00 unless coaches agree to a different start time. 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.
3. Home team has use of the bench along the 1st base line.
4. In the event the umpire is a no-show, the teams should mutually select volunteer(s) to umpire the game.
5. Trash must be picked up.
6. 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.

### **Rescheduling Games**

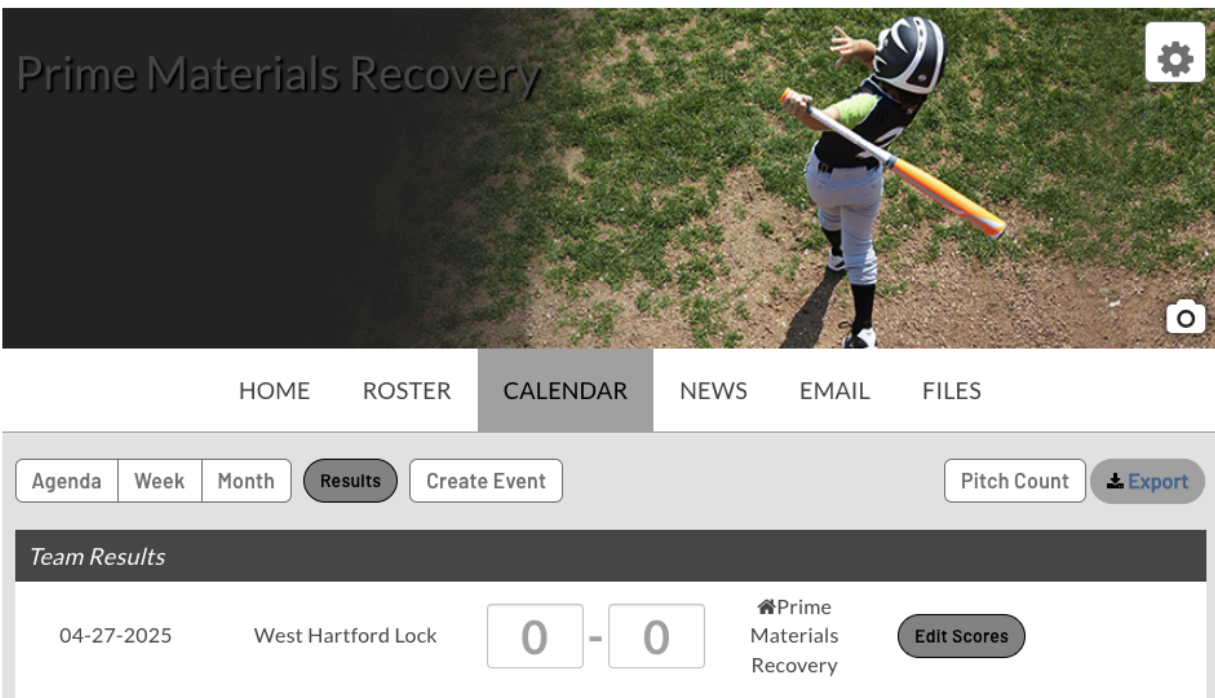
1. Coaches can reschedule games, due to a conflict, if mutually agreed upon prior to the game. Agree with the opposing coach as to date or dates for make -up game.
2. Refer to the field schedule distributed by the league for available fields.
3. Contact Mike Talbott [mjtalbott22@gmail.com](mailto:mjtalbott22@gmail.com) to reserve/cancel a field.
4. Contact the following individuals to schedule/cancel an umpire:
  - a. Juniors: Matt Danziger- 631-365-4375 - [matthew.danziger@gmail.com](mailto:matthew.danziger@gmail.com)
  - b. Majors: Jayson Kuhnly - 860-992-9390 - [jaykuhnly@gmail.com](mailto:jaykuhnly@gmail.com)
  - c. Minors: Abiah Ruel - 203-644-7406 - [abiahruel@gmail.com](mailto:abiahruel@gmail.com)

## Field Maintenance

1. Home team coaches are responsible for lining and prepping the field pre-game and taking in the bases and adding base plugs post-game.
2. Home team must provide one new ball and one good back up ball for each game.
3. Bases and field prep materials are located in the JoBoxes with additional materials in the shed, as needed.
4. A water drying substance, turface 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.
5. If you have attempted to make the field playable and the field remains unsafe, cancel the game and reschedule.

## Game Reporting

Game scores are to be published for all divisions except Rookies. The home team is required to input the game score within 24 hours of game finish and it can be done by any of the team's coaches. To do so, log in to the website and navigate to your team page (by clicking on Team Central, then Team Directory, then locate your team's page) and then click the Calendar tab. On the Calendar tab, click on Results and then click on Edit Scores to the right of the game. Enter the score and then scroll to the bottom of the screen and click Save & Post. Do not add player stats. Only team personnel of the home team are able to input the game score.



The screenshot displays a web interface for a sports team. At the top, there is a banner image of a baseball player in a batting stance, with the text "Prime Materials Recovery" overlaid on the left. A gear icon is in the top right corner of the banner, and a camera icon is in the bottom right corner. Below the banner is a navigation menu with tabs: HOME, ROSTER, CALENDAR (which is highlighted), NEWS, EMAIL, and FILES. Underneath the navigation menu is a sub-menu with buttons for "Agenda", "Week", "Month", "Results" (which is selected), and "Create Event". To the right of these buttons are "Pitch Count" and "Export" (with a download icon). Below this sub-menu is a section titled "Team Results". The first entry shows the date "04-27-2025", the opponent "West Hartford Lock", and a score of "0 - 0". To the right of the score is a home icon followed by the text "Prime Materials Recovery", and an "Edit Scores" button.

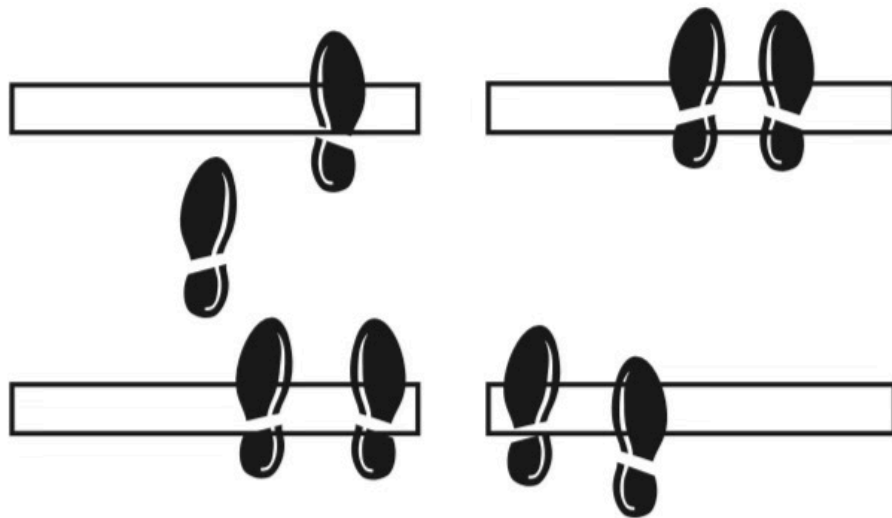
## The Pitching Rules

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

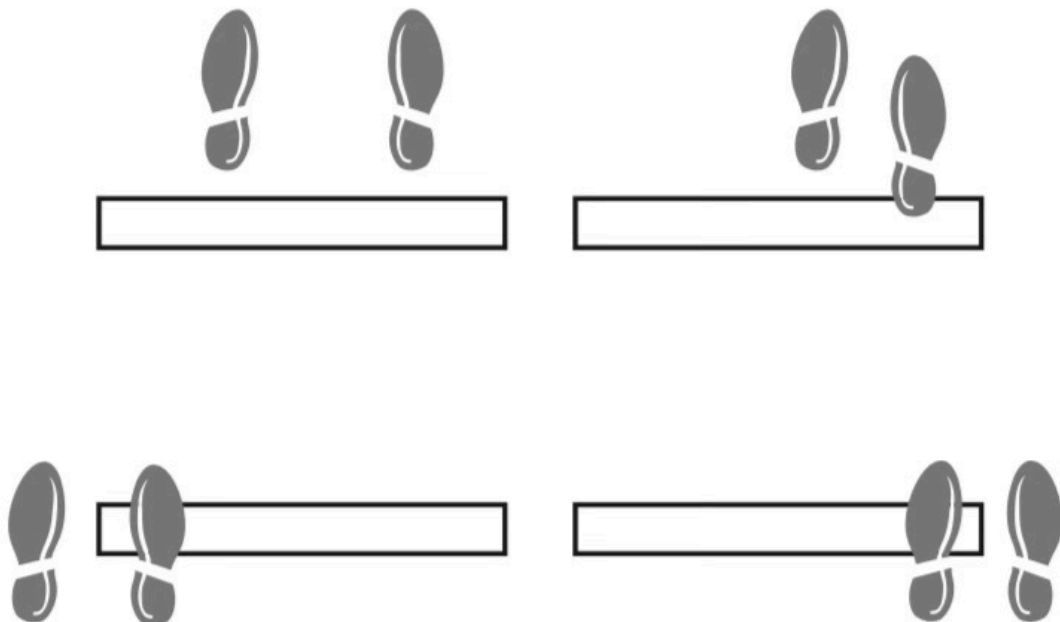
1. A legal pitching delivery shall be a ball that is delivered to the batter in an **underhand motion**.
2. The pitcher must start with **both feet on the ground**, with her shoulders in line with first and third bases, and in one of the following positions (see diagram):
  - a. with both feet touching 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. The act of leaping while delivering a pitch is a legal delivery. The pitcher may have both feet off the ground at the same time as long as both feet remain within the 24-inch width of the pitching plate and the pitcher doesn’t replant the pivot foot. The replant of a pivot foot occurs when the pitcher pushes off the playing surface from anywhere other than the pitcher’s plate in the act of delivering the pitch.

# FOOT POSITIONS

## LEGAL SOFTBALL



## ILLEGAL SOFTBALL



## Rookie Division Rules

Typical Grade Level	Pre-K and K
Typical Age (as of Jan 1st)	4 & 5 year olds
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
Run Limits per Inning	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
Playoff Structure	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"> <li>* Players are required to wear a batting helmet with face mask when batting(including on deck) and running or base coaching.</li> <li>* Players may only wear sneakers or rubber cleats.</li> <li>* 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.</li> <li>* Hoop earrings are not allowed. Loose jewelry (necklaces, bracelets) not recommended</li> </ul>
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
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## Training Division Rules

<b>Division</b>	<b>Training</b>
Typical Grade Level	1st & 2nd
Typical Age (as of Jan 1st)	6 & 7 year olds
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	4 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.
Run Limits per Inning	4 runs per inning maximum or 3 outs whichever comes first.
Scoring/Extra Innings	No Extra Innings. 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 points. Win=2 points. Tie = 1 point. Loss = 0 points. Tiebreaks will be broken by the following criteria : 1)highest winning %

	2) head-to-head record; 3)lowest average runs against 4) coin flip
Playoff Structure	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	6 Players. Must forfeit if starting a game <6. If a player becomes injured or is unable to play after starting, resulting in <6 available players, the team must take an out in the position of that player's batting order.
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 players have to be loaned to the short-handed team.

Coaches on Field	<p>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.</p> <p>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</p> <p>An adult may be positioned behind the catcher to assist in returning the ball to the pitcher and speeding up the game.</p>
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"> <li>* Players are required to wear a batting helmet with face mask when batting(including on deck) and running or base coaching.</li> <li>* Players may only wear sneakers or rubber cleats.</li> <li>* 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.</li> <li>* Hoop earrings are not allowed. Loose jewelry (necklaces, bracelets) not recommended</li> </ul>
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

## Minors Division Rules

<b>Division</b>	<b>Minors</b>
Typical Grade Level	3rd & 4th
Typical Age (as of Jan 1st)	8 & 9 year olds
Base Rule Set	National Little League Rules
Style	Player Pitch w/ Coach 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	5 innings
Game Time Limits	The inning in play at 1 hour and 30 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 7:30 is the final inning. If an inning ends at 7:31, the game is over.
Run Limits per Inning	4 runs per inning maximum or 3 outs whichever comes first. This rule is in effect for all innings in the regular season and playoffs Run Limits per inning shall not apply for home runs or ground rule doubles hit over a physical fence.
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. In an extra innings playoff game, the offensive team shall begin its turn at bat with the player who is scheduled to bat last in that inning placed as a runner

	on second base.
Standings	Standings will be maintained and visible online. Seeding will primarily be determined by points. Win=2 points. Tie = 1 point. Loss = 0 points. Tiebreaks will be broken by the following criteria : 1)highest winning % 2) head-to-head record; 3)lowest average runs against 4) coin flip
Playoff Structure	Yes, the top 4 seeded teams will participate in an end of season playoff. Game time limits(below) are removed for playoffs. Playoff games should start at least 1 hour earlier to ensure all innings are completed.
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	6 Players. Must forfeit if starting a game <6. If a player becomes injured or is unable to play after starting, resulting in <6 available players, the team must take an out in the position of that player's batting order.
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 players have to be loaned to the short-handed team.

Coaches on Field	Coach pitcher (representing the batting team) will be stationed behind the player pitcher. Coach pitcher should possess multiple balls to feed to the player pitcher and increase pace of play of the catcher-pitcher exchange. Coach pitcher may step in to pitch for player pitcher per Special Batting/Pitching Rules below. To further improve pace of play, a second coach should stand behind the catcher to assist with passed balls in non-stealing situations to aid in the return of pitches.
Special Batting/Pitching Rules	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 of the batting team will come in to pitch to that one batter until the batter either hits or strikes out. The strikes recorded from the player pitcher will remain with the batter when the coach pitcher takes over. 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
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 with the exception of extra innings in the playoffs 1 pitch in an inning does constitute an inning. A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game(subject to pitching limits) but only once in the same inning as she was removed.
Intentional Walks	No - But, this would not restrict a team from throwing four balls outside of the strike zone.
Base Running	Runners should advance with regard to fair play and sound softball strategy. If the ball is in the infield, the runner can not advance further than the base they were originally running towards. e.g. a runner on first should not round 2nd towards third if a play is made to get an out at first base.

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 pitcher is pitching and only to 3rd base and home. Players can only steal third if the ball is caught or remains in direct reach of the catcher. Players can steal home on any pitch (including passed balls). A team is only allowed 2 successful steals of home per half inning. 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"> <li>* Players are required to wear a batting helmet with face mask when batting(including on deck) and running or base coaching.</li> <li>* Players may only wear sneakers or rubber cleats.</li> <li>* 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.</li> <li>* Hoop earrings are not allowed. Loose jewelry (necklaces, bracelets) not recommended</li> </ul>
1st Base Rules	<p>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.</p>
Base Distance	60 feet
Pitching Distance	35 feet (Player & Coach may move closer based on skill, but must complete their pitch within the pitching circle)
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

## Majors Division Rules

<b>Division</b>	<b>Majors</b>
Typical Grade Level	5th & 6th
Typical Age (as of Jan 1st)	10 & 11 year olds
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.
Run Limits per Inning	4 runs per inning maximum or 3 outs whichever comes first. This rule is in effect for all innings in the regular season. During the playoffs the run limit is extended to 6 runs per inning for all innings. Run Limits per inning shall not apply for home runs or ground rule doubles hit over a physical fence.
Scoring/Extra Innings	No Extra Innings. With the exception of the playoffs, if the score is tied at the end of the last

	<p>inning, the game shall end in a tie.</p> <p>In an extra innings playoff game, the offensive team shall begin its turn at bat with the player who is scheduled to bat last in that inning placed as a runner on second base.</p>
Standings	<p>Standings will be maintained and visible online. Seeding will primarily be determined by points.</p> <p>Win=2 points. Tie = 1 point. Loss = 0 points.</p> <p>Tiebreaks will be broken by the following criteria : 1)highest winning % 2) head-to-head record; 3)lowest average runs against 4) coin flip</p>
Playoff Structure	<p>All teams will participate in an end of season playoff.</p> <p>Game time limits(below) are removed for playoffs. Playoff games should start at least 1 hour earlier to ensure all innings are completed.</p>
Transition Time	<p>Transition time between innings shall be 2 minutes.</p>
Continuous Batting Order	<p>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.</p>
Defensive Positioning	<p>9 Players(3 outfielders)</p>
Defensive Positioning	<p>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.</p>
Playing Time	<p>Min 3 Innings, Substitutions can occur at the beginning each inning. Mid-Inning substitutions can be made for injuries or pitching changes.</p>
Minimum Required Players	<p>7 Players.</p> <p>Must forfeit if starting a game &lt;7. If a player becomes injured or is unable to play after starting, resulting in &lt;7 available players, the team must take an out in the position of that player's batting order.</p>

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 players 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	No
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 with the exception of extra innings in the playoffs 1 pitch in an inning does constitute an inning. A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game(subject to pitching limits) but only once in the same inning as she was removed.
Intentional Walks	No - But, this would not restrict a team from throwing four balls outside of the strike zone.
Base Running	n/a
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"> <li>* Players are required to wear a batting helmet with face mask when batting(including on deck) and running or base coaching.</li> <li>* Players may only wear sneakers or rubber cleats.</li> <li>* 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.</li> <li>* Hoop earrings are not allowed. Loose jewelry (necklaces, bracelets) not recommended</li> </ul>
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

## Juniors Division Rules

<b>Division</b>	<b>Juniors</b>
Typical Grade Level	7th & 8th
Typical Age (as of Jan 1st)	12 & 13 year olds
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	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.
Run Limits per Inning	6 runs per inning maximum or 3 outs whichever comes first. This rule is in effect for all innings in the regular season. In Playoffs, Run limits per inning are removed for all innings. If a team is wining its playoff game by more than 15 runs after 4 innings, 10 runs after 5 innings, the game will be called. Run Limits per inning shall not apply for home runs or ground rule doubles hit over a physical fence.

Scoring/Extra Innings	<p>Extra Innings are played to break ties.</p> <p>In an extra innings game, the offensive team shall begin its turn at bat with the player who is scheduled to bat last in that inning placed as a runner on second base.</p>
Standings	<p>Standings will be maintained and visible online. Seeding will primarily be determined by points.</p> <p>Win=2 points. Tie = 1 point. Loss = 0 points.</p> <p>Tiebreaks will be broken by the following criteria : 1)highest winning % 2) head-to-head record; 3)lowest average runs against 4) coin flip</p>
Playoff Structure	<p>All teams will participate in an end of season playoff. A player must participate in 50% of scheduled games to take part in the playoffs.</p> <p>Gametime limits(below) are removed for playoffs. Playoff games should start at least 1 hour earlier to ensure all innings are completed.</p>
Transition Time	<p>Transition time between innings shall be 2 minutes.</p>
Continuous Batting Order	<p>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.</p> <p>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.</p> <p>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.</p>
Defensive Positioning	<p>9 Players(3 outfielders)</p>
Defensive Positioning	<p>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.</p> <p>"Outfield" is declared as the grass area behind the base path.</p> <p>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.</p>
Playing Time	<p>Min 3 Innings, Substitutions can occur at the beginning each inning. Mid-Inning substitutions can be made for injuries or pitching changes.</p>
Minimum Required Players	<p>7 Players.</p> <p>Must forfeit if starting a game &lt;7. If a player becomes injured or is unable</p>

	to play after starting, resulting in <7 available players, the team must take an out in the position of that player's batting order.
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 players 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	No restrictions on innings pitched. A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game but only once in the same inning as she was removed
Intentional Walks	No - But, this would not restrict a team from throwing four balls outside of the strike zone.
Base Running	n/a
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

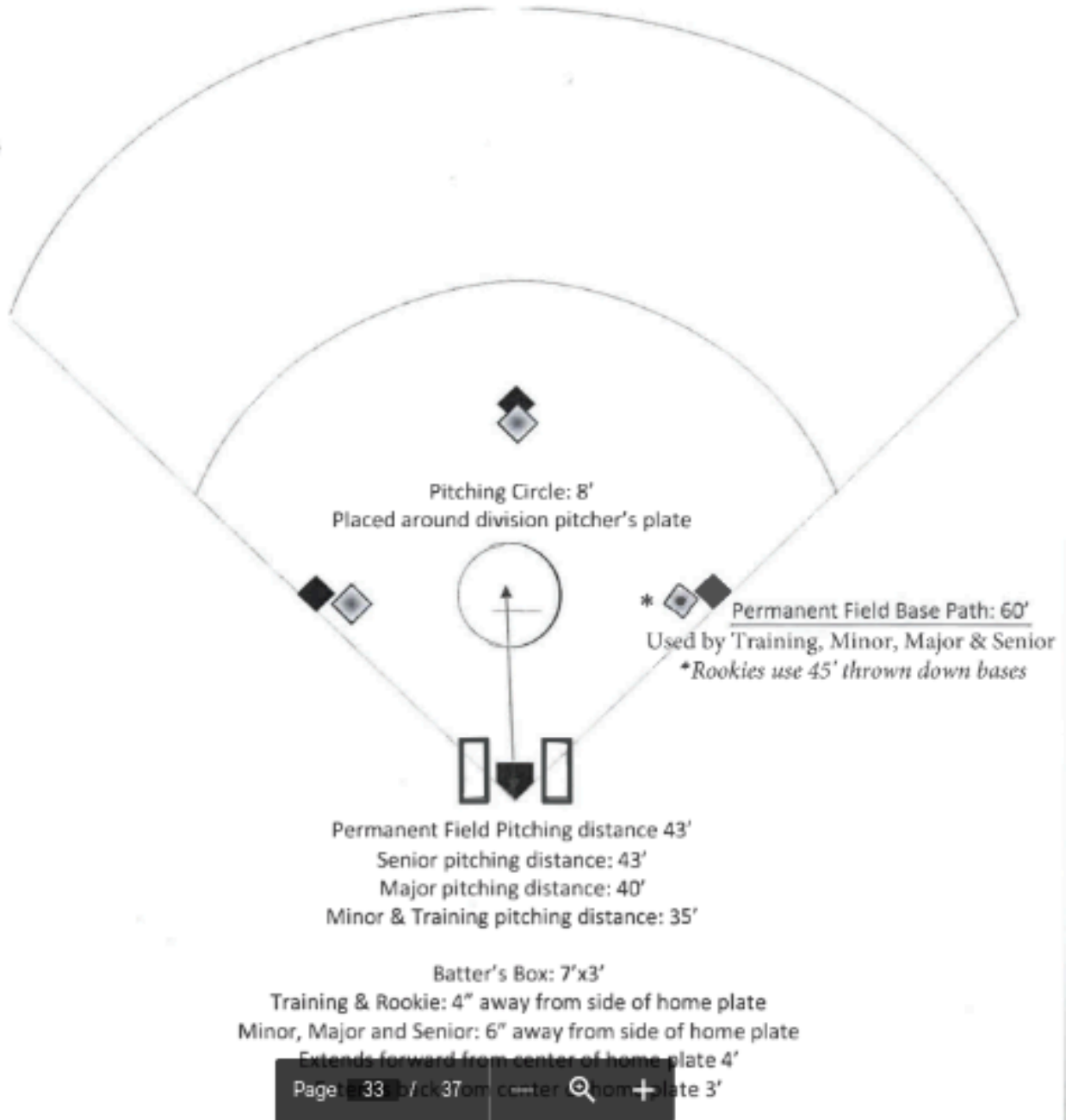
	also dead if it hits an opposing coach in the field of play.
Tagging Up	Yes
Sliding	Sliding is encouraged, and is required at all bases, except at first base, should the defensive player, ball in hand, have a play. The intent of this rule is to avoid player collisions and to have the runner learn to 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"> <li>* Players are required to wear a batting helmet with face mask when batting(including on deck) and running or base coaching.</li> <li>* Players may only wear sneakers or rubber cleats.</li> <li>* 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.</li> <li>* Hoop earrings are not allowed. Loose jewelry (necklaces, bracelets) not recommended</li> </ul>
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

## Majors & Juniors Division Drafting Procedures

- 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.
- The assessment will rate each players skills on a scale of 1(lowest skill)-5(highest skill)
- Daughters of the head coach and daughters of a maximum of 1-preselected assistant coach, will be pre-assigned a draft spot on their team aligned to their relative rating.
- Head coaches w/out a daughter in the division can pre-select a player/assistant coach to align with in addition to their 1 standardly allowed pre-selected assistant coach. In the case of sisters, these selections are not to exceed two total pre-selected players.
- For pre-selected players(head coach daughter(s) + assistant coaches daughter(s) + eligible pitchers + any pair of sisters in the draft), there is a need to determine the expected round that that player would have been drafted in so that team doesn't have a draft pick in that round. The assessment scores guide the expected round, but are not always perfect. For example, eligible pitchers' rating should reflect their overall skill set and ability to impact and influence the game. E.g. an elite and dominant pitcher may be undervalued if their batting/fielding skillset isn't as strong and therefore their score may be in need of manual adjustment. After the assessment scores are compiled, coaches/division directors should be polled to provide guidance on whether the formulaic draft round for the pre-selected player is generally appropriate. If consensus of coach guidance is +/- 1 to the assessments formulaically derived round, then the assessment score/round will stand. If coaches consensus is >1 round different, the formulaic round and coaches guidance should be averaged and the pre-selected player should be seeded in that round.
- Draft order will be determined by the Executive Board Officers(EBO) with recommendation from the Rules and Competition committee to assist in achieving competitive parity; informed by the skill assessment of the division and rating of pre-selected players.
- 2 Pitchers should be drafted first to ensure each team has strong pitching. This draft will typically occur prior to the main draft.
- Head coaches will draft players in a "snake" format. The draft will skip over preselected players in the rounds in which they were pre-assigned.
- Siblings in the same division will be drafted together and assigned their draft spot akin to the assignment of the pre-selections above.
- If a pre-selected player(e.g. coaches daughter, pitcher or accompanying sister) has the same assessed round as a player already preselected/drafted, the selection will count in the next available round. E.g. If drafting a pitcher who was assessed as a 2nd round pick, but that team's coach's daughter was already preselected as a 2nd round pick, the pitcher will occupy that team's 3rd round pick.

- Teams with back-to-back selections are prohibited from using the order of their back-to-back selections to their advantage. For example, if a pair of sisters are assessed to be slotted in rounds 2 & 3 and a team has back-to-back picks in rounds 2 & 3. The team could “game the system” by selecting a different player in the second round and then selecting the pair of sisters as their 3rd round pick(hence filling their 3rd and 4th round selections). This is prohibited because if they selected the sisters as their second round pick, the pair would occupy their 2nd and 3rd round selections as intended.
- Trade requests (including those for alignment to additional assistant coaches) can be made at the conclusion of the draft as long as it involves players of approximately equivalent skill. All changes or trades must be approved by the EBO or Rules and Competition Committee lead, 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
- The EBO reserves the right to make competitive adjustments in an attempt to achieve competitive parity.

# Field Specifications:



# 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, 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)
- 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

### **Juniors Division (Grades 7, 8, & 9; Ages 12 – 14)**

- 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
- Teach “dropped 3rd strike” rule
- 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