

Rockettes Fastpitch Softball Association (RFSA)

Coaching Guidelines and Expectations

General Coaching Standards

Conduct

All coaches are expected to uphold and promote the highest standards of behavior in accordance with the RFSA Coach Code of Conduct.

Communication

Coaches must maintain clear, respectful, and consistent communication with players, parents/guardians, opposing coaches, officials, and the RFSA Board of Directors. Effective communication with all parties is essential to ensure smooth operations and minimize conflict.

Player Rotation (Sitting Players)

Each player shall sit out one inning before any player sits a second inning. Exceptions may be made in certain situations (e.g., pitchers or catchers who have played continuously). This rotation policy does not reset each game; all players are expected to sit at some point during the season.

Consistent attendance at practices is expected. Players who frequently miss practices may experience reduced playing time.

Note: The 18U division is exempt from this rule.

Batting Lineup

A continuous batting lineup including all rostered players present at the game is required.

Note: The 18U division is exempt from this rule.

Substitute Players

When a substitute player is needed:

- The head coach must first contact the coach of the team from which they wish to borrow a player.
- Coaches should initially seek substitutes from teams within the same division. If unavailable, they may contact the next lower division.
- Under no circumstances may a player from a higher division be used to fill a position on a lower division team.
- The league considers 10U Minor and 10U Minor Up as equivalent divisions for substitution purposes.

Substitute player usage guidelines:

- Rostered players must receive priority in both field positions and batting order.
- Substitute players should bat last and be placed in outfield positions unless filling a specific positional need.
- Only players officially registered with RFSA during the current season may participate as substitutes due to liability considerations.

If last-minute circumstances prevent adherence to these guidelines, a member of the Board of Directors must be contacted for guidance.

Team Commitment and Responsibility

Once assigned to a team, a player is expected to remain with that team for the duration of the season. This includes attending scheduled practices and games.

Team practices are restricted to rostered players. Exceptions may be granted for occasional conflicts with prior approval. Players are expected to prioritize attendance at their assigned team's activities.

Practices

Practice should be scheduled two nights per week. Practices should not be scheduled on consecutive days unless it is necessary for weather related reasons. Warm ups are required at the beginning of all practices and shall include but are not limited to stretching, running and throwing.

Coaching Assistance

At the head coach's discretion, any RFSA member in good standing who has the proper clearances on file can assist at practices and/or serve as a dugout parent during games. This would extend to a player's parent(s) coaching other teams within RFSA.

Additional Practices and Clinics

Coaches may organize additional practices or clinics, provided they do not conflict with other teams' scheduled activities or place undue expectation on players to prioritize them over their primary team commitments.

Playing Time Concerns

Parents or guardians with concerns regarding playing time must follow the 24-hour rule before contacting the coach.

If the matter cannot be resolved at the team level, it should be referred to the Player Advocate for further review.

Division-Specific Guidelines

18U Division

This division serves as preparation for high school-level play. Coaches will manage teams in a manner consistent with junior varsity and varsity programs.

- Playing time is not guaranteed.
- Continuous batting lineups are not required.
- All positions and playing time are determined based on merit at the discretion of the head coach.

14U Division

- Playing time is guaranteed; however, preferred positions must be earned through demonstrated ability in practice.

- Coaches should attempt to give players demonstrating ability the opportunity to play their preferred position for at least one inning per game (excluding pitcher and catcher) but not guarantee.
 - Players should begin developing primary positions in preparation for high school competition.
 - The batting lineup should be set so that better performing hitters earn more opportunities to bat.
 - Primary focus is on game awareness, sportsmanship, and leadership.
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12U Major Division

- Playing time is guaranteed; however, preferred positions must be earned through demonstrated ability in practice.
 - Coaches should attempt to give players demonstrating ability the opportunity to play their preferred position for at least one inning per game (excluding pitcher and catcher) but not guarantee.
 - Players should begin focusing on 2–3 positions.
 - The batting lineup should be set so that better performing hitters earn more opportunities to bat.
 - Primary focus is on skill development, sportsmanship, leadership, and competitive growth.
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12U Minor Division

- Playing time and preferred position opportunities are guaranteed.
 - Time at specific positions is earned based on demonstrated ability.
 - Frequent rotation is required to promote development, players should gain experience in both infield and outfield positions.
 - The batting lineup should be set to allow everyone the opportunity for nearly equal at bats.
 - Primary focus is on skill development, enjoyment of the game, and introduction to competition.
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10U Major Division

- Playing time and preferred position opportunities are guaranteed.
 - Position allocation is based on demonstrated ability.
 - Frequent rotation is required to promote development, players should gain experience in both infield and outfield positions.
 - The batting lineup should be set so that better performing hitters earn more opportunities to bat.
 - Primary focus is on skill development, enjoyment, and increased competitive exposure.
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10U Minor Up Division

- Playing time and preferred position opportunities are guaranteed.
 - Players demonstrating greater ability may receive slightly more time at specific positions, but frequent rotation is highly encouraged.
 - Batting lineups may be adjusted to maximize participation.
 - Primary focus is on fundamental development and fostering a positive experience.
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10U Minor Division

- Playing time and preferred position opportunities are guaranteed.
 - Frequent rotation across all positions is required.
 - Batting lineups should be adjusted to ensure equal hitting opportunities.
 - Primary focus is on fundamental skill development and cultivating a love for the game.
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Demonstrated Ability Includes

- Skill Execution - Consistently fielding, throwing and catching with control.
- Position Specific Skills - Footwork, range and technique.
- Game Awareness - Understanding where to go with the ball and making smart decisions.
- Consistency - Making routine plays regularly, not occasionally.
- Composure - Handling game situations with focus and confidence.
- Coachability & Effort - Listening, applying feedback, and showing strong effort.

What This Means for Players

- Players may be given opportunities to try different positions, especially during practice.
 - Game assignments will reflect where a player has shown the most consistency and readiness.
 - Positions are not guaranteed and may change as players develop and improve.
 - Our goal is to put each player in the best position to succeed while supporting both individual growth and overall team success.
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Acknowledgement

Failure to comply with the guidelines established by the Rockettes Fastpitch Softball Association may result in disciplinary action as determined by the Board of Directors.

Coach Name (Print): _____ **Age Group:** _____

Coach Signature: _____ **Date:** _____

