



# 2026 Softball Coaches Manual

**"PUT ME IN COACH, I'M READY TO PLAY, TODAY"  
JOHN FOGARTY, "CENTERFIELD"**

Version 2026 1.0

# Contents

- SECTION 1: INTRODUCTION.....3
- SECTION 2: SAFETY.....6
- SECTION 3: FIELD DECORUM.....14
- SECTION 4: TEAM EQUIPMENT/UNIFORMS.....15
- SECTION 5: GAME POSTPONEMENTS AND CANCELLATIONS .....16
- SECTION 6: PLAYER ASSIGNMENT.....17
- SECTION 7: RULES APPLICABLE TO TEE LEAGUE SOFTBALL PLAY .....18
- SECTION 8: RULES APPLICABLE TO MINORS COACH PITCH SOFTBALL PLAY.....20
- SECTION 9: RULES APPLICABLE TO MINORS PLAYER PITCH SOFTBALL PLAY.....23
- SECTION 10: RULES APPLICABLE TO MAJOR LEAGUE SOFTBALL PLAY .....27
- SECTION 11: GHS SOFTBALL BATTING CAGE GUIDELINES .....30
- SECTION 12: RICHARD H. ROSS FIELD RULES .....31
- SECTION 13: TRAINING AND DEVELOPMENT .....32

## SECTION 1: INTRODUCTION

Dear Glastonbury Little League Managers and Coaches,

Welcome to Glastonbury Little League and thanks for committing the time you will be spending working with the youngsters on your team this season. As team managers and coaches, you are the heart and soul of our program. With you lies the responsibility for its success.

It is the program's objective to teach baseball and sportsmanship, build self-esteem in each player, to have fun, and to create in each player the desire to be the very best he or she can be. A positive attitude on your part, bearing in mind at all times that every action should be based on what is best for the youngsters, will take us 95% of the way to these goals.

Glastonbury Little League has maintained a tradition of sportsmanship throughout its history. Managers and Coaches must regard each other as teammates on the field of play, working towards the common goal of success for every player. ***Success is not measured by wins and losses but by the positive learning experiences you give to your players.***

Your commitment and your sacrifice of personal time are both recognized and deeply appreciated.

***Enjoy your kids, have fun, and good luck!!!***

### Bill Longo

President, Glastonbury Little League

### League Contacts

#### Softball Co-Commissioner

Marc Boucher

860-836-7896

[marc.boucher@glastonburylittleleague.org](mailto:marc.boucher@glastonburylittleleague.org)

#### Softball Co-Commissioner

Dave Sansoucy

860-209-7185

[dave.sansoucy@glastonburylittleleague.org](mailto:dave.sansoucy@glastonburylittleleague.org)

Dan Staino, Umpire in Chief

860-307-4737

[Dan.staino@glastonburylittleleague.org](mailto:Dan.staino@glastonburylittleleague.org)

The manual which follows provides guidelines and rules for the conduct of the league. The playing rules described in this manual for each division are based on methods used in training camps as well as coaches' input from previous seasons. Your feedback during and after the season is vital to the program's continued success and development.

### **MANAGERS AND COACHES SHOULD**

1. Reflect an understanding of the age group they supervise.
2. Be aware that they are a role models to their players and opposing players.
3. Demonstrate they have an appreciation of the philosophy of Glastonbury Little League and cooperate with fellow coaches, umpires, parents and League Officials in making the program a benefit to all players.
4. Show by example that they respect the judgment and the position of authority of the umpire.
5. Exercise their leadership role adequately but leave the game in the hands of the players.
6. Encourage their players at every opportunity.
7. Instill in each player self-confidence, a desire to improve and to impart as much baseball knowledge as possible.
8. Encourage good health habits, care of uniforms and equipment. Do not allow vulgar language
9. Be instrumental in shaping acceptable behavior whether the team wins or loses.
10. Know and play by the rules of Glastonbury Little League. Instill in the players a respect for the rules of the game.
11. Be calm, courteous, and use sound judgment during an on field discussion, basing all actions on which is in the best interest of all youngsters involved. These discussions should be low key.
12. Help maintain control of spectator behavior. Lead by example.

### **SPORTSMANSHIP AND CHARACTER**

Glastonbury Little League strives to have **Sportsmanship** be the hallmark of its program. Little League has three traits noted in its emblem. They are Courage, Loyalty and **Character**. While a Little League manager or coach is not expected to take on a parent role for all of his/her players, he/she is in a unique position to serve as a positive role model. With the belief that Character is closely linked to good Sportsmanship behavior, the following suggestions for fostering player character are listed.

1. Be vigilant about preventing and stopping scapegoating of one player by other players
2. Recognize the achievements of your players other than baseball such as academic, artistic, etc.
3. Create a positive code of behavior for your team
4. Promote players supporting their teammates. Have a "Sportsmanship of the Game" prize
5. Teach respect for the condition of the facilities. Have players help you clean up the dugout area after games and practices.
6. Do not accept swearing, vulgar or obscene language on your team
7. Strive to be consistent with all players; avoid allowing personal feelings to interfere with fairness
8. Teach your players respect and courtesy towards their teammates, umpires and opponents

9. Emphasize at the first practice the importance of working hard and striving for personal and team goals.
10. Use constructive criticism, tempered by compassion. Help players do the same with each other.
11. Lead by example, respect the rules of baseball, local rules and umpires' judgments
12. Provide structure to your team, assure that the League dress code is observed with the players wearing the supplied uniforms properly and shirts are tucked in
13. Promote academics, ask the players how they are doing in school, what is their favorite subject, etc.
14. Create clear team expectations. Recognize the fact when players meet or exceed them.
15. Encourage players to volunteer for extra duties such as carrying equipment to your car or the equipment box

## SECTION 2: SAFETY

The GLL Safety Officer is Bill Longo, 860-985-4423. The following safety rules apply in all Glastonbury Little League games AND practices.

1. During practices, players should be spaced so that no one is endangered by wild throws, missed catches, or batted balls.
2. Collisions between players should be avoided by teaching the players to call for the ball.
3. Catchers must wear masks.
4. Commensurate with our liability insurance requirements and background checks procedures, only League players, managers, and coaches are allowed to be on the field during practice sessions and games.
5. Managers and coaches must have completed the online Volunteer Application Form and JDP Background check.
6. Bats, helmets, and other equipment should be kept well removed from the playing field.
7. Players should be kept on the team bench when not playing. **NO SPECTATORS WILL BE ALLOWED BETWEEN THE TEAM BENCH AND THE PLAYING FIELD OR AT THE TEAM BENCH.**
8. At no time should horseplay be permitted on the playing field or on the bench.
9. The on deck position is not allowed. Managers and coaches are responsible for implementing this rule. Umpires are instructed to enforce this rule.
10. Do not play when lightning or the threat of lightning is present.
11. The League supplies a first aid kit in every field equipment box. Contact the GLL Safety Officer at [bill.longo@glastonburylittleleague.org](mailto:bill.longo@glastonburylittleleague.org) to replenish this kit.
12. Use the supplied surgical gloves in the first aid kit whenever dealing with any open cut.
13. **ACCIDENTS:** Managers and/or coaches should use the first aid kit for minor accidents. In the event of a major accident, immediately call the police and ambulance service at 911 and assure a physician will attend to the player. If the parents are not at the field, notify the parents as soon as possible. Promptly report the accident to the GLL Safety Officer.
14. Promptly report any safety problem and potential safety problem to the GLL Safety Officer. Managers and coaches are to inspect the playing equipment before any game and report missing and/or damaged equipment to the League Equipment Director at [kevin.graff@glastonburylittleleague.org](mailto:kevin.graff@glastonburylittleleague.org). Managers and Coaches should find out from parents about any special medical needs, if any, of all their players, e.g. allergies, diabetic, bee stings, etc.
15. Bring the player' phone list at every game and practice in case of emergency.
16. Never leave a young player unattended after a game or practice. If you drive her/him home after the game or practice, assure that the player enters the home, someone is there before you leave.
17. Assure team players are wearing seat belts if you are providing them transportation.
18. Smoking and alcoholic beverages are not allowed at any of the GLL ball fields.
19. Team meetings during games are to be held in the safety of the dugout, not on the field
20. **NAMES OF PLAYERS ARE NOT TO BE PLACED ON THE TEAM SHIRTS.**
21. Coaches are mandated to have completed the LL Child Abuse Awareness Program Course

## LIGHTNING FACTS AND SAFETY TIPS

1. To determine how far away a lightning strike is, count the number of seconds between the flash and when you hear the rumble of thunder. Divide this number by 5 to get the distance (in miles) lightning is away from you. (i.e. count to 5 and storm is ONE (1) MILE AWAY!!)
2. Once the lightning is 6 miles away (30 seconds between lightning flash and thunder), take shelter!
3. Outside activities should not be resumed until 30 minutes after the last audible thunder as lightning can strike up to 20 miles from the storm cell.
4. Take shelter in a safe building like a large, enclosed structure or an automobile. Do **NOT** take shelter in a baseball dugout, picnic shelter or under a tree.
5. Know the forecast. If the forecast calls for thunderstorms, be on the lookout for threatening skies and be prepared to take shelter if dangerous weather approaches.
6. Even though the thunderstorm may be as far away as 20 miles, a “bolt from the blue” can happen. If hair on people’s head or body “stands up”, even if it’s sunny where you are, lightning is about to strike...take shelter.
7. If someone is struck by lightning, call 911 immediately. If the victim has no pulse for 20-30 seconds, start CPR. But make sure the safety of others is not jeopardized. It is unsafe to be outside if a thunderstorm is near or in progress (lightning **can** strike in the same place twice).
8. **Coaches are urged to download the smartphone app, “Weatherbug” which provides continuous updates on nearby lightning strikes**

*Lightning kills more people each year (80-100) than tornadoes and hurricanes combined*

## SAFETY COACH GUIDELINES

- Safety Coach: One coach shall be designated the Team Safety Coach.
- Why a safety coach: GLL has an excellent record regarding player injuries, however, there have been incidents that could have been avoided by more visible and preventive actions. Therefore, GLL is adopting a policy to elevate the importance of safety by assigning Safety Coach to each of its teams in every division of play.
- Responsibility: Implementing Glastonbury Little League Safety Policy. Highlights are listed below:  
Accidents

- Evaluate the extent of the injury. Excessive bleeding/suspected bone injury or other major injury, call 911. Direct all other players away. Stay with injured player until help arrives and direct the responding officer to the player. Notify parents. Maintain an account of the incident and report to League President and Board Safety Officer as soon as practical.
- Treat minor injuries (cuts, abrasions, etc with first aid kit)

### Preventive Action

- Bring the player’s phone contact list to every game and practice along with cell phone.
- Become aware of players special medical needs (i.e. allergies, bee stings, etc)
- Never leave a player unattended after game or practice (thru Junior League).
- Dugout Discipline – Assure all coaches remain IN the dugout during game situations, entry shall be unobstructed, bats in bat racks, and equipment bags hung or stored under benches.
- Assure no On-Deck Batters, no person shall handle a bat during the game unless they are at the plate or approaching the batters box
- Assure base runners and base coaches are wearing league-approved helmets. Bats shall be clear of the playing area. Catchers must wear full protective gear (masks with throat guard, shin guards, chest protectors and cups) when catching or warming up pitchers.
- Reinforce the umpire’s decision to call games for lightning and darkness

- Evaluate playability of the field and condition of the equipment prior to games. Report unsafe field and equipment conditions to Safety Officer and/or League President
- Ensure a replenished first aid kit is available for minor accidents
- Assure field equipment box is closed and latched during games
- Assure that only League approved individuals are acting as coaches during games and practices

#### Education

- Prohibit head first slides
- Monitor batter count for maximum number of batters faced by one pitcher
- Collision avoidance – call for the ball when fielding; proper slides in base running situations.
- Proper release of bat after a hit (no thrown bat)
- Don't turn your back on the softball!
- Proper catcher position: equipment forward, fist behind gloved hand or shin guard.
- Stress location and change of speed for pitchers – curve balls must not be used in this league.

## CHILD ABUSE AWARENESS AND REPORTING POLICY

### Legislative Mandates

The State of Connecticut and the Federal government both have legislated mandates pertaining to the reporting of instances of Child Abuse by all individuals in positions of interacting with children. The safety and well-being of all participants in the GLL program is paramount. As adults, we want to ensure that the young people playing in our program are able to grow up happy, healthy and, above all, safe. Whether they are our children, or the children of others, each of us has a responsibility to protect them. Unfortunately, there are those who would seek to do harm to these children, to rob them of their right to feel safe and grow up in a free and healthy environment. As a result of the Federal legislation and combined with Connecticut law, those interacting with children must act as mandatory reporters and therefore, they are required to report or cause a report to be made when, they have reasonable cause to suspect or believe that a child under the age of 18 has been abused, neglected or is placed in imminent risk of serious harm. (Connecticut General Statutes §17a-101a) or where child abuse occurs where a child has had physical injury inflicted upon him or her other than by accidental means, has injuries at variance with history given of them, or is in a condition resulting in maltreatment, such as, but not limited to, malnutrition, sexual molestation or exploitation, deprivation of necessities, emotional maltreatment or cruel punishment. (Connecticut General Statutes §46b-120) or where child neglect occurs where a child has been abandoned, is being denied proper care and attention physically, emotionally, or morally, or is being permitted to live under conditions, circumstances or associations injurious to his well-being. (Connecticut General Statutes §46b-120). With this in mind, we need to better understand what child abuse is.

### What is Child Abuse?

Defining child abuse is the first step in battling it. Child abuse can take several different forms:

Physical abuse of a child is when a parent or caregiver causes any non-accidental physical injury to a child. There are many signs of physical abuse. If you see any of the following signs, please get help right away. Signs of physical abuse in a child:

#### **Physical:**

- Any injury to a child who is not crawling yet
- Visible and severe injuries

- Injuries at different stages of healing
- On different surfaces of the body
- Unexplained or explained in a way that doesn't make sense
- Distinctive shape
- Frequency, timing and history of injuries (frequent, after weekends, vacations, school absences)

**Behavioral:**

- Aggression toward peers, pets, other animals
- Seems afraid of parents or other adults
- Fear, withdrawal, depression, anxiety
- Wears long sleeves out of season
- Violent themes in fantasy, art, etc.
- Nightmares, insomnia
- Reports injury, severe discipline
- Immaturity, acting out, emotional and behavior extremes
- Self-destructive behavior or attitudes

28.3% of adults report being physically abused as a child.<sup>1</sup>

Sexual abuse occurs when an adult uses a child for sexual purposes or involves a child in sexual acts. It also includes when a child who is older or more powerful uses another child for sexual gratification or excitement.

Signs of sexual abuse of a child:

**Physical:**

- Difficulty sitting, walking, bowel problems
- Torn, stained, bloody undergarments
- Bleeding, bruises, pain, swelling, itching of genital area
- Frequent urinary tract infections or yeast infections
- Any sexually transmitted disease or related symptoms

**Behavioral:**

- Doesn't want to change clothes (e.g., for P.E.)
- Withdrawn, depressed, anxious
- Eating disorders, preoccupation with body
- Aggression, delinquency, poor peer relationships
- Poor self-image, poor self-care, lack of confidence
- Sudden absenteeism, decline in school performance
- Substance abuse, running away, recklessness, suicide attempts
- Sleep disturbance, fear of bedtime, nightmares, bed wetting (at advanced age)
- Sexual acting out, excessive masturbation
- Unusual or repetitive soothing behaviors (hand-washing, pacing, rocking, etc.)
- Sexual behavior or knowledge that is advanced or unusual
- Reports sexual abuse

---

<sup>1</sup> Statistic provided by Childhelp.org

20.7% of adults report being sexually abused as a child.<sup>2</sup>

**Definition of Child Sexual Abuse.** Child Sexual Abuse can be defined as the exploitation of a child by an older child, teen, or adult for the personal gratification of the abusive individual. This form of abuse could involve a range of sexual activities, from touching to non-touching offenses, and may also include acts that are considered non-sexual but are done for the gratification of the abuser. This might include talking to a child in a sexually explicit way, voyeurism, or exposure of private parts to a victim and/or victim's exposure of his or her private parts

When a parent or caregiver harms a child's mental and social development, or causes severe emotional harm, it is considered emotional abuse. While a single incident may be abuse, most often emotional abuse is a pattern of behavior that causes damage over time.

Signs of emotional abuse in a child:

***Physical:***

- Delays in development
- Wetting bed, pants
- Speech disorders
- Health problems like ulcers, skin disorders
- Obesity and weight fluctuation

***Behavioral:***

- Habits like sucking, biting, rocking
- Learning disabilities and developmental delays
- Overly compliant or defensive
- Extreme emotions, aggression, withdrawal
- Anxieties, phobias, sleep disorders
- Destructive or anti-social behaviors (violence, cruelty, vandalism, stealing, cheating, lying)
- Behavior that is inappropriate for age (too adult, too infantile)
- Suicidal thoughts and behaviors

10.6% of adults report being emotionally abused as a child.<sup>3</sup>

Child neglect is when a parent or caregiver does not give the care, supervision, affection and support needed for a child's health, safety and well-being. Child neglect includes:

- Physical neglect and inadequate supervision. Examples of physical neglect:
- Deserting a child or refusing to take custody of a child who is under your care
- Repeatedly leaving a child in another's custody for days or weeks at a time
- Failing to provide enough healthy food and drink
- Failing to provide clothes that are appropriate to the weather
- Failing to ensure adequate personal hygiene
- Not supervising a child appropriately

---

<sup>2</sup> Statistic provided by Childhelp.org

<sup>3</sup> Statistic provided by Childhelp.org

- Leaving the child with an inappropriate caregiver
- Exposing a child to unsafe/unsanitary environments or situations

Emotional neglect. Examples of emotional neglect:

- Ignoring a child's need for attention, affection and emotional support
- Exposing a child to extreme or frequent violence, especially domestic violence
- Permitting a child to use drugs, use alcohol, or engage in crime
- Keeping a child isolated from friends and loved ones

Medical neglect. Examples of medical neglect:

- Not taking child to hospital or appropriate medical professional for serious illness or injury
- Keeping a child from getting needed treatment
- Not providing preventative medical and dental care
- Failing to follow medical recommendations for a child

While a single indicator may not be cause for alarm, children who are neglected often show that they need help:

- Clothing that is the wrong size, in disrepair, dirty, or not right for the weather
- Often hungry, stockpiles food, seeks food, may even show signs of malnutrition (like distended belly, protruding bones)
- Very low body weight, height for age
- Often tired, sleepy, listless
- Hygiene problems, body odor
- Talks about caring for younger siblings, not having a caregiver at home
- Untreated medical and dental problems, incomplete immunizations
- Truancy, frequently incomplete homework, frequent changes of school

A crucial step in stopping child abuse before it happens is knowing who might be a child abuser, and where child abuse might happen. For better or worse, the answer to each question is simple. Where can it happen? Anywhere. Who could be a child abuser? Anyone.

### **Who are the reporters?**

The legislatively adopted Federal "Protecting Young Victims from Sexual Abuse and Safe Sport Act of 2017" mandates that all amateur sports organizations, which participate in an interstate or international amateur athletic competition and whose membership includes any adult who is in regular contact with an amateur athlete who is a minor must report suspected child abuse, including sexual abuse, within 24 hours to law enforcement. In the case of Glastonbury Little League, this would be ADULT (over 18 years old) Administrators, Coaches, Managers, Umpires, Concession Staff. An individual who is required, but fails, to report suspected child sexual abuse is subject to criminal penalties. If an individual suspects a case of abuse within GLL, they should report it within 12 hours of the alleged incident to the appropriate child services organization and/or local law enforcement as well as, GLL President and CT. District 9 Administrator. There is a "safe harbor" for good faith reporting,

### **Immunity from liability.**

Concern is often expressed over the potential for criminal or civil liability if a report of abuse is subsequently found to be unsubstantiated. However, we want adults and Little Leaguers to understand that they shouldn't be afraid to come forward in these cases, even if it isn't required and even if there is a possibility of being wrong. All states provide immunity from liability to those who report suspected child abuse in "good faith." At the same time, there are also rules in place to protect adults who prove to have been inappropriately accused. Little League

policies prohibit retaliation of any kind when a good faith report of child abuse is made. Reports of Child abuse will be handled in a confidential manner by the recipients of those reports.

### **Resources for Reporting Child Abuse**

**GLL President**, Bill Longo; [bill.longo@glastonburylittleleague.org](mailto:bill.longo@glastonburylittleleague.org); 860-985-4423

**CT 7 District Administrator**: Rick Quirk; 860-617-8130; [rsquirky@aol.com](mailto:rsquirky@aol.com)

**Glastonbury Police Dept**: 860-633-8301

**State of CT: DCF**; (DCF 136 form) within 48 hours after that, both to the DCF Careline, **1-800-842-2288**. The written report form is available on the DCF website at [http://www.ct.gov/dcf/lib/dcf/policy/forms/DCF-136\\_Rev\\_05\\_2015.pdf](http://www.ct.gov/dcf/lib/dcf/policy/forms/DCF-136_Rev_05_2015.pdf) or one can be requested when an oral report is made to the DCF Careline.

### **Additional information on Child Abuse Education/Prevention/Reporting**

*National Little League*; [www.Littleleague.org/childprotection](http://www.Littleleague.org/childprotection)

*The National Center for Missing & Exploited Children's CyberTipline* 1-800-THE-LOST (1-800-843-5678)

*The Childhelp National Child Abuse Hotline*; [www.childhelp.org/pages/hotline-home](http://www.childhelp.org/pages/hotline-home); 1-800-4-A-CHILD (1-800-422-4453)

*Stop It Now!* [www.stopitnow.org/help#contact](http://www.stopitnow.org/help#contact); 1-888-PREVENT (1-888-773-8368)

## **FOOD AND DRINKS (NUTRITION) PROVIDED BY THE GLASTONBURY HEALTH DEPARTMENT**

1. Encourage that each player have a water bottle with water (not juice, sports drinks\*, or soda) available at each practice or game. This water bottle should be labeled with their name. Discourage the use of large water coolers or the sharing of water bottles. \*Sports drinks should be encouraged over water if the weather is warm or the players are going to be doing strenuous physical activity for more than 30 minutes.
2. If snacks are part of an event encourage the players to avoid items high in sugar, salt, and/or fat. Choose healthy snacks.
3. Do not use food as a reward or punishment during a practice or a game.
4. Concession Stands, Celebrations, and Fund Raisers
  - a. Give customers/players an opportunity to choose foods with high nutrition value at all team functions when food is served and at concession stands.
  - b. Always have water as a drink option and discourage soda, sports drinks, vitamin drinks, flavored water with artificial or natural sweetener
  - c. Encourage the consumption of appropriate serving sizes

- d. Encourage healthy snacks and meals such as trail mix, nuts, low-fat cheese, low fat crackers, baked (not fried) chips and pretzels, low sugar cereal, graham crackers, fresh fruit, sorbet, bagels, whole wheat buns and bagels, low fat condiments, salads, consider vegetarian options
5. Discourage fund raisers that require the sale of low nutritional value foods such as candy, consider non-food options.
6. Celebrations do not have to include food. If food is served consider some of the healthy options listed above.
7. Parents: Make parents/guardians aware of policy so they can further reinforce healthy options. Encourage parents to comply with league recommendations when providing food for a league event.
8. Parents that are ill should not staff the Ross Field Concession Stand or serve snacks or food to the players

## SECTION 3: FIELD DECORUM

The actions and statements of managers, coaches, and umpires must be above reproach.

Managers are responsible for the actions of their players.

Positive cheering for one's team is encouraged. Negative cheering the opposing team is prohibited.

**Uniformed players, coaches and umpires only are permitted within the confines of the playing field during play.**

Players shall be on the bench when their team is at bat and when they are not on deck, batting or running.

When the team is on defense the reserve players shall be waiting on the team bench for his/her turn to rotate into the game.

### **EXPEDITING LITTLE LEAGUE GAMES**

Managers and coaches are responsible for completing games during the week and on weekends to allow succeeding games on Saturday/Sunday to begin at their scheduled time. To facilitate this, the following procedures are to be implemented by managers and coaches:

1. Have your game batting and defensive lineups ready before the game. Post both in a prominent place in your dugout so that players can go to their positions without asking
2. **Start your game/practice at the scheduled time.**
3. There are two sets of catchers gear at each appropriate field. There is no need to be exchanging gear between teams in between half innings.
4. **Do not run clinics on the field during the course of a game while two teams and their fans are waiting. Instruct your players when they return to the dugout or before they go to the batters box**
5. Do not conduct in between innings team meeting on the field or in foul territory. This is unsafe and time consuming. Use the dugout.
6. Instruct your players to be conscious of where they place their gloves and hats so they readily find them when they need to go out on the field
7. Have your catcher dressed (applicable divisions) for the next half inning. Keep the shin guards on the next inning's catcher unless this player is one of the first three batters.
8. Have your first baseman and centerfielder keep a warmup ball in their gloves for the next defensive inning (applicable divisions)
9. Minimize the amount of time in between rituals. Be aware of the constraints of available daylight during weekday games and sensitive to the teams playing their games after yours on weekends.

## **SECTION 4: TEAM EQUIPMENT/UNIFORMS**

### **EQUIPMENT**

Equipment for play will be maintained at each field in green field boxes located behind the backstop. The equipment will consist of the required equipment for the baseball divisions playing at that field along with bases, ice packs and first aid kits.

Each manager will receive a equipment box key, first aid kit, several practice balls, and sufficient new baseballs for the season from the League President. The home team manager will supply balls for each league game. The home team manager is responsible for setting out the bases, teams' equipment and to replace it at the end of the game and lock the equipment box. The home team manager shall keep the box locked during the game.

Managers and/or coaches should notify the League equipment director at [kevin.graff@glastonburylittleleague.org](mailto:kevin.graff@glastonburylittleleague.org) if replacements are required at any field during the season.

### **UNIFORMS**

The League will supply uniform shirts and hats for each team. Shirts and hats are kept by the players after the season is completed.

**ALL NEW OR USED BALLS AND THE EQUIPMENT BOX KEY MUST BE RETURNED TO THE LEAGUE IMMEDIATELY AFTER THE LAST GAME TO ROSS FIELD.**

New and used balls are League property and are not to be kept or given to players. They are next season's practice balls.

**NAMES OF PLAYERS ARE NOT TO BE PLACED ON THE TEAM SHIRTS**

### **UNIFORM/EQUIPMENT PICKUP**

GLL will hold equipment pickup on 3/21/26, with uniforms likely coming at a later date (ETD 4/11/26).

Each team must send one coach to Ross Field at this time to pick up their team's equipment and uniforms.

## **SECTION 5: GAME POSTPONEMENTS AND CANCELLATIONS**

When the weather is questionable, refer to the web site for cancellations and postponements. League administrators in concert with Parks and Rec will use their good judgement in postponing games because of inclement weather and field conditions. Due to the limitation of fields, GLL will make every attempt to play the game as scheduled. Coaches are not to use fields when instructed otherwise. If a team has no manager or coaches available for a game, a suitable well indoctrinated substitute who has prior approval from the League (has background checked), is league insured and who is familiar with the contents of this manual will be appointed by the league for the game.

### **RAIN MAKE UPS**

GLL will make every attempt to re-schedule all games that are rained out or canceled due to poor field conditions. The rookies/tee league director will reschedule games on the website and coaches/players will be notified.

The umpire director will reschedule Minor and Majors games based on umpire availability and scheduling. Coaches/players will be notified of the rescheduled game dates.

### **SCOREKEEPING**

Scorekeeping is only kept at the major's division level; it is not permitted in the Rookie/Tee/Minor Divisions. Coaches are encouraged to place emphasis on promoting players' self-esteem and noting achievements on the field such as a good hit, a nice defensive play, etc.

### **SPORTSMANSHIP AWARD**

Managers and coaches will select one player from their team as a recipient of the Glastonbury Little League Sportsmanship Award. Coaches shall make their selection prior to the completion of the season and will report the selection to the league Commissioner by May 25, 2025

The criteria for this award is as follows:

- Supportive and encouraging of teammates
- Demonstrates respect for opposing players
- Demonstrates respect for the game officials
- Displays enthusiasm for the game of baseball
- Displays loyalty to the team (Game and practice attendance is vital)
- Player is coachable and demonstrates a willingness to learn

## SECTION 6: PLAYER ASSIGNMENT

Players whose parent is coaching will be placed on the parent's team. Brothers and sisters are also placed on the same teams. Players are placed on teams to achieve an equitable distribution of age groups. Efforts are made to meet individual player request to play with friends, which is important at this level and/or a particular coach and to form best school district teams without creating imbalance in player age distribution.

**Once the league has created teams and rosters, trading of players between teams is not permitted by coaches and parents.** Player trades disrupts difficultly achieved player request accommodations, team balance and results in potential liability insurance issues with incorrect rosters submitted to the Williamsport headquarters.

New registrants are possible after the distribution of team rosters. These new players are assigned to teams who may have less players than the majority of teams and not necessarily on a team the player may have requested. It is important that team managers/coaches notify the division director a player leaves your roster so that the waiting list can be accommodated.

Managers/coaches will notify their players of their team assignments as soon as possible following the coaches meeting.

### **Major League only:**

Players will be selected from a common town wide pool in a draft following appropriate tryouts. Team rosters will be chosen by the team manager and coaches during a live draft. Selections will be made based upon the playing ability displayed by the candidates at the tryouts. Managers and coaches' daughters will be placed on their team. The draft round in which they are placed will be determined by the league.

## SECTION 7: RULES APPLICABLE TO TEE LEAGUE SOFTBALL PLAY

Managers and Coaches must know and abide by the following rules:

### GAME INFORMATION:

1. Games will be 4 innings long or 90 minutes, whichever occurs first.
2. Six or more players shall constitute a legal number of players to play a game.
3. All players on the team for a given game are to be inserted in the batting order and will bat in an established batting order.
4. No player shall play no more than one inning than any other player.
5. The team's season batting order will be set at the first regular game and shall be maintained on a rotating basis. Specifically, the lead-off batter in the first game will be the last batter in the second game and all other batters move up one position. The third game will follow the same rotation and so on for the remainder of the season. Players absent for a game shall not alter this sequence. Use of the scorebook to maintain record of this rotation is mandatory. **All players and parents are advised of this rule.**
6. Players must be wearing the League-supplied team uniform in order to participate in a game. Additionally, team shirts must be tucked in.

### DEFENSE:

1. Pitching is not allowed. The ball is to be hit off a tee.
2. Four outfielders may be used in this division. All outfielders must play back at least 5 feet from the outer edge of the infield grass and must not become extra infielders.
3. Infielders must not be more than 3 feet away from the first to second to third basepaths before the ball is hit by the batter.
4. Every player is to play a minimum of one inning at a infield position and players should not play the infield more than one inning more than another player.
5. No player shall sit on the bench for any consecutive defensive inning (except for injuries).
6. Play is stopped when a thrown ball arrives at the pitching rubber/pitching circle. The coach in the shortstop position can assist in stopping/returning the ball to the pitcher.
7. The infield fly rule will not apply.

### OFFENSE:

#### BASE RUNNING:

1. There shall be no base stealing.
2. No head first sliding is allowed when advancing to the next base.
3. Pinch runners are to be used only in case of an injury to the original runner.

#### BATTING:

1. Bunting is not allowed.
2. There shall be no on-deck batter. The batter shall proceed from the team bench, pick up a bat and proceed directly to the batter's box.
3. Special rules are as follows:
  - a. Pitcher must have one foot on the mound/in the circle until the ball is hit.

- b. A player cannot play either the pitcher and first base positions for more than one inning. One swing of the bat constitutes one inning. With a reduced game roster, the number of opportunities for a player to play pitcher or first shall not exceed one more for any other player on the team.
  - c. Batter shall not hit until the coach says swing.
  - d. There shall be no strikeouts called. The batter shall continue swinging until the ball has been properly hit.
  - e. Hitting the tee does not constitute a hit ball. The ball must be cleanly hit in the judgment of the coach for the batter and runner(s) to advance.
  - f. The hit ball must travel no less than half the distance between the plate and the mound to be judged playable by the coach. If not, it shall be called a foul ball.
  - g. A half-inning is deemed complete after 3 outs and 8 batters (or entire batting order) whichever occurs first.
4. If 8 players (or the entire team) have batted before the third out is made, the half inning shall be considered over.

### **COACHING:**

1. It is highly recommended that coaches discuss any rules or special circumstances before the game.
2. Adult coaching on the field shall be as follows:
  - a. OFFENSIVE TEAM
    - i. One coach at the home plate area guiding the batter.
    - ii. One Coach at the bench maintaining bench decorum.
    - iii. One coach in each of the coaching boxes.
  - b. DEFENSIVE TEAM
    - i. A coach to be at the team bench to insert the players in the defensive rotation specified above
    - ii. One coach between first and second bases.
    - iii. One coach in the shortstop area.
3. Profanity by Coaches and players is forbidden. Violation will result in immediate ejection from the game and the ball park. Coaches are to assure that players are aware of this rule at the beginning of the season.
4. Except where they conflict with the above rules, all official Little League rules for Tee League Baseball shall be observed.
5. Individuals not authorized by the League (i.e. not listed on the official team rosters) are not permitted to coach during games and practices.
6. The above rules apply. Managers are not to develop individual rules. "That's the way we've been playing it" does not justify non-compliance with League rules. Recommendations for new and revised rules are welcome. They are a source of the aforementioned rules.

## SECTION 8: RULES APPLICABLE TO MINORS COACH PITCH SOFTBALL PLAY

Managers and Coaches must know and abide by the following rules:

### GAME INFORMATION:

1. Games will be six (6) innings or 90 minutes (based on actual start time)
2. 11-inch softie balls will be used (one supplied by each team).
3. No score or statistics are kept
4. Six or more players shall constitute a legal number of players to play a game.
5. No player shall play no more than one inning than any other player.
6. All players on the team for a given game are to be inserted in the batting order and will bat in an established batting order.
7. The team's season batting order will be set at the first regular game and shall be maintained on a rotating basis. Specifically, the lead-off batter in the first game will be the last batter in the second game and all other batters move up one position. The third game will follow the same rotation and so on for the remainder of the season. Players absent for a game shall not alter this sequence. Use of the scorebook to maintain record of this rotation is mandatory. **All players and parents are advised of this rule.**
8. Players must be wearing the League-supplied team uniform in order to participate in a game. Additionally, team shirts must be tucked in.
9. **AFTER MAY 15th**, players will pitch from 25 feet.
  - a. Strikes will be counted. No walks will be allowed.
  - b. After (4) balls, the strike count will carry over and the coach will pitch the remainder of the at bat.
  - c. The batter may strike out on coach pitch, either swinging or looking.
  - d. *Please make sure it's a "perfect" pitch if recording a strike looking.*
  - e. The manager/coach will call the strikes for their respective team.

### DEFENSE:

1. Pitching is coach pitch only
  - a. A defensive player stands at the mound (or just to the side of the coach)
2. Four outfielders may be used in this division. All outfielders must play back at least 5 feet from the outer edge of the infield grass and must not become extra infielders.
3. Infielders must not be more than 3 feet away from the first to second to third basepaths before the ball is hit by the batter.
4. Every player is to play a minimum of one inning at a infield position and players should not play the infield more than one inning more than another player.
5. No player shall sit on the bench for any consecutive defensive inning (except for injuries).
6. Pitcher must have one foot on the mound/in the circle until the ball is hit.
7. A player cannot play either the pitcher and first base positions for more than one inning. One swing of the bat constitutes one inning. With a reduced game roster, the number of opportunities for a player to play pitcher or first shall not exceed one more for any other player on the team.
8. Defensive Rules
  - a. If three outs are made or (5) runs are scored the inning is over.
  - b. When an offensive player makes an out, the player will return to the bench
  - c. Players should be rotated through all field positions during the season

- d. Coaches are encouraged to track positions played after each game to support fair rotation
9. Catching is introduced and practiced at this level
- a. Catchers:
    - i. Stand where the umpire would normally be (or slightly behind)
    - ii. Focus on stopping the ball and gaining experience
    - iii. Place a bucket at both the mound and home plate for thrown pitches
    - iv. A coach must supervise near the catcher (be a backup to the catch for passed balls)
    - v. While one player may catch multiple innings, all players should be given opportunities to catch over the season
    - vi. Catching counts as an inning played in the IF
10. Play is stopped when a thrown ball arrives at the pitching circle.
11. The infield fly rule will not apply.

### **OFFENSE:**

#### **BASE RUNNING:**

1. Runners may not:
  - a. Take leads
  - b. Steal bases
  - c. Advance on overthrows
2. No head first sliding is allowed when advancing to the next base.
3. Pinch runners are to be used only in case of an injury to the original runner.
4. Offensive Rules (Base Running)

#### **BATTING:**

1. No on-deck batter activities are permitted. Only the current batter may hold a bat at any time.
2. All players bat whether they are playing in the field or not.
3. The batting order shall continue from inning to inning where it previously ended
4. Batters receive four pitches total
  - a. If the batter does not hit the ball after four pitches, they will hit from a tee
  - b. A coach from the offensive team should assist and guide the hitter
5. Batters and/or runners are limited to (2) bases off a batted ball.
6. A half inning is concluded after (3) outs or (5) runs are scored.
7. Special rules are as follows:
  - a. Batter shall not hit until the coach says swing.
  - b. There shall be no strikeouts called. The batter shall continue swinging until the ball has been properly hit.
  - c. Hitting the tee does not constitute a hit ball. The ball must be cleanly hit in the judgment of the coach for the batter and runner(s) to advance.
  - d. The hit ball must travel no less than half the distance between the plate and the mound to be judged playable by the coach. If not, it shall be called a foul ball.
8. The inning ends when 8 batters (or entire batting order) in the line-up have completed their at bat or 3 outs whichever comes first

#### **COACHING:**

1. It is highly recommended that coaches discuss any rules or special circumstances before the game – especially prior to District 9 games.
2. Only approved coaches, volunteers and players in uniform are allowed on the field.
3. Coaching Positions & Responsibilities
  - a. When Offensive Team Is Batting
    - i. Coaches should be stationed:
      1. At home plate to assist hitters and hand them the bat
      2. At the pitcher's mound for coach pitch
      3. On the bench to maintain order and prepare the next batter
  - b. When Team is on Defense
    - i. Coaches should be positioned:
      1. Behind the catcher by the backstop to retrieve balls
      2. On the bench to maintain order and prepare the next batter.
4. Profanity by Coaches and players is forbidden. Violation will result in immediate ejection from the game and the ball park. Coaches are to assure that players are aware of this rule at the beginning of the season.
5. Except where they conflict with the above rules, all official Little League rules shall be observed.
6. Individuals not authorized by the League (i.e. not listed on the official team rosters) are not permitted to coach during games and practices.
7. The above rules apply. Managers are not to develop individual rules. "That's the way we've been playing it" does not justify non-compliance with League rules. Recommendations for new and revised rules are welcome. They are a source of the aforementioned rules.

#### **RULES/INFORMATION FOR DISTRICT 9 PLAY:**

1. In case of rain, teams should check the home team's league website for field closings and updates. Coaches of the home team should also contact their opponent in the event a game is canceled.
2. Players must be on the field and ready to play 10 minutes prior to the scheduled start time. There are no forfeits due to not having enough players.
3. 2 softballs will be provided by the home team.
4. Only (10) defensive players may be on the field at one time. (4) outfielders must play on the edge of the outfield grass or farther back while the ball is being pitched. The positions in the outfield are left, left center, right center and right (no rover). For those teams with large rosters, coaches are encouraged to take extra players to deep outfield / out of play to do skills work when players do not have a position.
5. Managers/coaches will pitch during the regular season until MAY 15th. Strikes will not be recorded during this time. Use your best judgement to keep the game moving. (10) reasonable pitches and then move to a side soft toss. Find the bat as we want to discourage tees and embarrassment to the player.

## SECTION 9: RULES APPLICABLE TO MINORS PLAYER PITCH SOFTBALL PLAY

Managers and Coaches must know and abide by the following rules:

### GAME INFORMATION:

1. Games are 6 innings and a maximum of 1 Hour & 45 Minutes.
2. Minor League games that are followed by a subsequent game are to end 15 minutes before the time the next game is scheduled to start. Game situations do not justify exceptions.
3. A game can be played with a minimum of eight (8) players.
4. No player shall play in the field one (1) inning more than any other player.
5. No player shall sit on the bench for any consecutive defensive inning.
6. Every player must play a minimum of one inning in the infield.
7. For every inning missed due to lateness, the player loses one inning of mandatory play.
8. Players must be wearing the League-supplied team uniforms in order to participate in a game. Additionally, team shirts must be tucked in.
9. **After May 15<sup>th</sup>, there will be no Coach Pitch for the rest of the season from this point forward.** After this date, coaches can agree before the game if they want to use Coach Pitch. Both coaches have to agree and if not, then they will default to no coach coming in to pitch after the 2nd.

### DEFENSE:

1. Ten (10) players will start in the field. The 10<sup>th</sup> player must be positioned in the outfield. All outfielders must be positioned in the grass area. Our objective is to encourage playing, not forfeits or cancellations.
2. No player shall sit on the bench for any consecutive defensive inning (except for injuries).
3. Play is stopped when a thrown ball arrives at the pitching circle.

### PITCHING:

1. Pitching distance is 35 feet. Pitchers will be allowed to pitch no more than 3 innings per game in an effort to develop more pitchers (1 pitch equals 1 inning).
2. ***Please make every effort to develop multiple pitchers for your team.***
3. **Pitchers must wear a protective face mask**, use at all infield positions should be encouraged.
4. Pursuant to LLI Rules, once a pitcher is removed from that position, they may return to play that position again in a later inning.
5. A coach shall replace the pitcher after four balls, there will be no walks. Strikes decrease by one, if there are any, and the batter completes their at bat with a hit or strike out.
6. The player (pitcher) stands immediately to the right or left of the coach pitcher.
7. If the ball is put into play the coach pitcher should move out of the way and allow the player (pitcher) to field the ball.
8. Managers should make every effort to have every player make at least one appearance on the mound during the course of the season.
9. A coach will pitch to their own team. Coach Pitch should be underhand and as straight as possible, NOT high arching pitches as in slow-pitch adult softball. The windmill delivery is not allowed from a coach pitcher.
10. Coaches should encourage and teach their players to swing at good pitches from players pitching and not wait for four balls and their coach to pitch.
11. When replacing a pitcher during the course of an inning, a position player must be used, not one from the bench. The replaced pitcher must remain in the Field.
12. The number of visits a manager or coach may make to any one pitcher is limited as follows:
  - A third non-injury related, trip to the same pitcher in the same inning will cause the pitcher's

- automatic removal.
  - A fourth visit to the same pitchers in the same game will cause the pitcher's automatic removal
  - A manager or coach is prohibited from making a second visit while the same batter is at bat.
  - A manager or coach may confer with any other defensive player(s), including the catcher, during a visit with the pitcher. A conference with the pitcher to evaluate the player's condition after an injury or illness will not be considered a trip to the mound.
13. A pitcher is allowed (3) HBP in one inning. At the time of the third occurrence, the pitcher must be removed from the rubber for the rest of the inning. The pitcher may return at the following defensive inning.

## OFFENSE:

### BASE RUNNING:

1. Bunting is allowed.
2. Stealing may occur on any pitch to the batter. The runner may not step off first base until the pitched ball reaches the batter. Any runner leaving a base before the pitch reached the batter is OUT.
3. Teams may successfully steal home only once per inning (includes wild pitches, passed balls, an error on the catcher's throw to second or third or the baseman's catch where there is an attempt to throw out a runner stealing).
  - Any runner advancing Home on a hit ball shall not be considered a steal. Once a team has stolen home in an inning, a runner on third can only advance home on a batted ball, walk, or hit batsman as the intent of these rules are to encourage players to develop defensive skills.
  - Example: A team has already stolen home in an inning and now has runners on first and third when the runner on first attempts to steal second. The catcher is encouraged to make a throw to second in attempt to throw out the runner without fear of the runner on third scoring. A runner on third who attempts to steal home after the allotted 1 home steal is a live runner and can be tagged out for leaving the base. **If the runner crosses home, the runner is out.**
4. Head first sliding is not permitted while advancing to the next base. A player doing so will be declared out. Diving back into the occupied base is allowed.
5. Pinch runners are to be used only in case of an injury to the original runner cannot continue to play.

### BATTING:

1. The team's season batting order will be set at the first regular game and shall be maintained on a rotating basis. Specifically, the leadoff batter in the first game will be the last batter in the second game and all other batters move up one position. The third game will follow the same rotation and so on for the remainder of the season. Players absent for a game shall not alter this sequence. Use of the scorebook to maintain record of this rotation is mandatory. All players and parents are advised of this rule.
2. On Deck Batters are not permitted. Players are not permitted to have bats on the bench. Managers are responsible for implementing this safety rule
3. A maximum of 5 runs scored is allowed in each half inning. This applies for all scheduled innings. If time allows, the game is to continue even though the winning team is determined before the last half of the last inning.
4. If a player is hit by a pitch, the player has the option to take their base or record a ball and continue their plate appearance.
5. There is no mercy rule.
6. An inning shall be considered over if:
  - 10 players have batted before the third out is made; or
  - Five (5) runs have been scored; or
  - 3 outs have been recorded
7. The infield fly rule will not apply.

## COACHING:

1. It is highly recommended that coaches discuss any rules or special circumstances before the game – especially prior to District 9 games.
2. Individuals not authorized by the League (i.e. not listed on the official team rosters) are not permitted to coach during games and practices.
3. Profanity by Coaches and players is forbidden. Violation will result in immediate ejection from the game and the ball park. The umpire's judgment on profanity is final. Coaches are to assure that players are aware of this rule at the beginning of the season.
4. Adult coaches may coach in either the first or third base coaching boxes. Coaches are encouraged to use players to coach the bases as much as possible. **There must be at least 1 coach present on the bench/dugout at all times to help and supervise safety.**
5. The League rules apply. Managers are not to develop individual rules. "That's the way we've been playing it" does not justify non-compliance to League rules. Recommendations for new and revised rules are welcome. They are a source for many of the aforementioned rules.
6. Except where they conflict with the above rules, all official Little League rules for Minor League Softball shall be observed.

## FOR DISTRICT 9 PLAY:

1. Teams should arrive at the field at least 30 minutes before game time. Throwing and batting practice should take place in the outfield. Each team will be given 10 minutes prior to the game for infield practice, with the Visiting Team going first. All warm-ups should be complete 5 minutes before game time. Players must wear a catcher's mask when warming up pitchers.
2. In case of inclement weather, all games are called at the field, unless otherwise called by the home team's Little League. The home team should notify the visiting team's coaches as soon as possible when this happens. If the weather is questionable, teams should always plan to come to the field, and the two Managers will decide if the field is playable. If there is a disagreement, the game must start. Once the game begins (the accepting of the lineup cards by the umpire signals an official start), the Umpire takes charge of the game.
3. If a player(s) arrives after the game has started, both the opposing Manager and Umpire should be notified, and this player(s) shall be added at the end of the batting order. If a team starts a game with less than ten (10) players in the field, this player(s) must be added to the field. There is no penalty on offense for starting the game with eight players, i.e., no automatic out in the spot of the 9<sup>th</sup> and 10<sup>th</sup> players who are missing.
4. Approved volunteers may coach both 1<sup>st</sup> and 3<sup>rd</sup> base coaching boxes when their team is batting, as long as there is a qualified volunteer in the dugout monitoring the team. Teams may choose to use a player, who must wear a batting helmet, and an adult coach to coach the bases if they choose. An adult coach must be present in the dugout at all times and the Umpire will monitor this activity.
5. With two outs, if the catcher or pitcher for the team batting is on base, her team has the option to remove her and replace her with the player who made the last out in an effort to speed up the game.
6. The 6<sup>th</sup> inning and any later innings or whatever inning is deemed the last inning of the game will be played as "open softball". The limit on the number of batters or runs scored in the inning will not apply. Due to time limits and darkness, it is the umpire's decision what inning will constitute the "last" inning of the game. An umpire can call a game at any time for safety concerns (darkness, weather, etc.)
7. The LLI Rulebook governs all rules. All disputes that cannot be settled on the field must be raised to each town's local Little League Board of Directors within the league.
8. Kid/Coach Pitch Rules:
  - Pitchers are allowed 1 walk per inning. Once a pitcher throws ball 4 to their 2nd batter of an inning, the coach of the batter's team comes on the field to pitch; the batter does not walk.
  - The child pitcher remains at the mound to field her position (the coach gets out of the way if the

- ball is hit).
- If the batter has one or more strikes on her when the coach comes in to pitch, her strike count is reduced by one. When the coach pitches, the umpire calls either a ball (with no consequence) or a strike. Eventually, the batter either hits the ball or strikes out (either swinging or looking).
  - **No stealing can occur when the coach is pitching.**
  - Once that batter either reaches safely or is retired, the coach leaves the field and the child pitcher begins pitching to the next batter. If four balls are called, the cycle repeats.
9. **After May 15<sup>th</sup>, there will be no Coach Pitch for the rest of the season from this point forward.** Prior to this date, coaches can agree before the game if they do not want to use Coach Pitch. Both coaches have to agree and if not, then they will default to the coach coming in to pitch after the 2nd walk for games prior to 5/15.

**At the conclusion of the season, our league may participate in the District 9 Softball All Star tournaments in the 10U and 12U age brackets.**

## SECTION 10: RULES APPLICABLE TO MAJOR LEAGUE SOFTBALL PLAY

Managers and Coaches must know and abide by the following rules:

### GAME INFORMATION:

1. Games will be 6 innings long. 4 innings must be played to constitute an official game except that 3-1/2 innings shall be an official game if the home team is leading and the game is shortened by rain, darkness, etc. Games tied after 6 innings shall continue until called for darkness or weather.
2. Games are to start promptly at the scheduled time. After a 15-minute grace period from the scheduled start time, a team with less than 8 players shall forfeit the game. In such a case, teams are encouraged to play by equally dividing the players in attendance.
3. Games are to be played with a minimum of 8 players. If less than 8 players are previously known to be not attending a particular game, the affected Major's manager may submit a request to the League Commissioners for a one game call up of a Minor Leaguer. Major's managers and coaches are not to recruit and call up minor league players on their own. Doing so results in forfeiture.
4. The umpire will determine if a game is called for darkness or inclement weather. Safety should always be the priority. Delaying the game or attempting to manipulate this rule in any way to gain advantage is strictly forbidden and may result in forfeiture. The umpire's judgment in this case shall be final.
5. No player shall play more than one inning more than any other player. For every inning missed due to lateness, the player loses one inning of mandatory play. Completion after 5-1/2 innings of play because the home team is ahead shall not be justification for violating this rule.
6. No player shall sit on the bench for any consecutive defensive inning.
7. Players must be wearing the League supplied team uniforms and hats in order to participate in a game. Additionally, team shirts must be tucked in.

### DEFENSE:

1. Pitchers will be allowed to pitch no more than 4 innings per game in an effort to develop more pitchers. (1 pitch equals 1 inning).
  - a. A delivery of a single pitch in an inning constitutes an inning pitched.
  - b. **Pitchers must wear protective face masks.**
  - c. A pitcher removed from the mound may return to the mound later in the game.
  - d. Any single pitcher that hits 3 batters in the same inning must be replaced at the pitcher position for the remainder of the inning. The pitcher will be allowed to return to the pitcher position in future innings and their hit batter tally restarts at 0. The partial inning counts toward their 4-inning maximum.
  - e. NOTE: There is no balk in softball
2. The number of visits a manager or coach may make to any one pitcher is limited as follows:
  - a. A second trip to the same pitcher in the same inning will cause the pitcher's automatic removal.
  - b. A third trip to the same pitcher in the same game will cause the pitcher's automatic removal.
  - c. A manager or coach may confer with any other defensive player(s), including the catcher, during a visit with the pitcher.
  - d. A conference with the pitcher to evaluate the player's condition after an injury or illness will not be considered a trip to the mound. (Confirm with umpire before making the visit)
3. Players in the position of first base and third base must wear protective face mask.
4. The infield fly rule will apply.
5. An inning will be considered over when:
  - a. 3 outs occur, or
  - b. 5 runs have scored

## **OFFENSE:**

### **BASE RUNNING:**

1. There shall be base stealing. Runners may not lead off a base. The base runner shall not leave the base until the pitcher releases the ball. There are unlimited steals of 2<sup>nd</sup>, 3<sup>rd</sup>, and home.
2. Pinch runners are to be used only in case of an injury to the original runner. Player who was the last batted out shall be the runner.
3. Head first sliding is not permitted while advancing to the next base. A player doing so will be declared out. Diving back into the occupied base is allowed.
4. If the pitcher has possession of the ball within the pitcher's circle, and is not making a play, runners must immediately attempt to advance or return to base. If the runner's do not advance/return, the umpire shall call a dead ball and the runner(s) is/are declared out.

### **BATTING:**

1. The team's season batting order will be set at the first regular game and shall be maintained on a rotating basis. Specifically, the leadoff batter in the first game will be the last batter in the second game and all other batters move up one position for the remainder of the season (including playoffs). Players absent for a game shall not alter this sequence. Use of the scorebook to maintain record of this rotation is mandatory. All players and parents are advised of this rule.
2. On Deck Batters are not permitted. The next hitter in the lineup shall proceed from the team bench, go to the bat rack and go directly to the batter's box. Players are not permitted to have bats in hand while in the dugout. Managers are responsible for implementing this safety rule.
3. Bunting is allowed. However, showing bunt, pulling back and "slashing" is illegal in GLL. If a player pulls back and swings after showing bunt, DEAD BALL and batter is OUT. (*This may be allowed in District play*)
4. A batter may advance to first base on a dropped third strike.

### **COACHING:**

1. It is highly recommended that coaches discuss any rules or special circumstances before the game – especially prior to District 9 games.
2. Coaches and managers are not to be on the playing field during the game, unless coaching bases, and must remain behind the bench fence.
3. The coaches of each team are responsible for maintaining a scorebook for each game the team participates in. The coach should score the opposing team's line-up.
4. Except where they conflict with the above rules, all official Little League rules for Major League Softball shall be observed.

### **DISTRICT 9 PLAY:**

1. Free substitution will be allowed on the field (pitchers per LLI official rules).
2. Games are 6 innings and a minimum of 1 Hour & 45 Minutes. There is no mercy rule. Games can be called before 6 innings at the umpire's discretion. If back-to-back games are scheduled on the same field, (e.g. 3:00 and 5:00) a new inning cannot start 1 hour and 45 minutes from the start of the game (4:45 for a 3:00game). Coaches can agree to continue past 2 hours if there are no other games scheduled after their game.
3. Teams should arrive at least 30 minutes before game time. Throwing and batting practice should take place

in the outfield. Each team will be given 10 minutes prior to the game for infield practice with the visiting team going first. All warm-ups should be complete 5 minutes before game time. Players must wear a catcher's mask when warming up pitchers. An adult coach must be present in the dugout at all times. Players who coach bases must wear helmets.

4. Continuous batting orders, in which all players at the game bat, regardless of whether they are playing the field, will be used throughout the game. If a player arrives after the game has started, both the opposing manager and umpire should be notified, and the player will be added to the bottom of the batting order.
5. With 2 outs, if the catcher or pitcher for the batting team is on base, the batting team has the option to replace her with the player who made the last out in an effort to speed up the game.
6. The 6th inning (or whichever inning is designated the last inning) and any later innings of the game will be played as "open softball." The limit on the number of runs scored in the inning will not apply. Due to time limits and darkness, it is the umpire's decision as to what will be the "last" inning of the game. The umpire can call a game at any time for safety concerns (darkness, weather, etc).
7. The LLI Rulebook governs all rules. All disputes that cannot be settled on the field must be raised to each town's local Little League Board of Directors within the league.

**At the conclusion of the season, our league may participate in the District 9 Softball All Star tournaments in the 10U and 12U age brackets.**

## SECTION 11: GHS SOFTBALL BATTING CAGE GUIDELINES

A softball batting cage is available for use behind GHS Field #8. Softball Minor and Major league teams may schedule usage at the cage during the season. It will be the responsibility of all players and coaches to keep the batting cage facility in excellent condition for players who will use it this season and in the future.

**Unauthorized use of the batting cages is strictly forbidden.**

**All players and managers must observe the following rules:**

1. Use of the batting cage is only allowed by approved GLL coaches
2. Only one player is allowed in the batting cage at a time. (except when picking up softballs)
3. Only the batting cage balls are to be used with the pitching machine. Coaches are not to use team practice balls.
4. There is absolutely no warm up swinging of bats allowed outside the batting cage.
5. Only GLL approved coaches may operate the pitching machine.
  - The lock combo will be provided to team managers.
6. Coaches and/or Managers are not allowed in the batting cage when the pitching machine is operating
  - **Parents and/or Little League players are NEVER to operate the pitching machine**
  - **Parents are not to enter the batting cage at any time**
7. Players and coaches are responsible for keeping the area around the batting cages clean. Cups, bottles, wrappers, etc must be removed and placed in nearby trash barrels
8. At the conclusion of each batting cage practice, the manager is responsible for collecting all balls and returning them in the storage shed along with the helmets

**Your cooperation in observing the above rules is both necessary and appreciated**

## SECTION 12: RICHARD H. ROSS FIELD RULES

Over 100 games per season have been played at Ross Field since it was completed in 1992. Much effort is spent in keeping this facility in excellent condition for players who will play on it this season and in the future.

Consequently, managers are advised that unauthorized practices on this Field is forbidden. Call your League supervisor for practice fields and they will be provided. Make up games are to be played at their originally scheduled sites if at all possible. The Town of Glastonbury pays for the electricity for night games. This is a considerable sum and we are entrusted to play only those schedule night games which is 6 nights per week and several post season games.

**All players, managers and coaches must observe the following rules:**

1. Players, Managers and Coaches are to remain within the dugout during the course of the game except to enter and exit the dugout (Does not apply to the Rookies Division. Managers and coaches are to lead by example.
2. The field and the former on deck area are to be kept clear of bats, helmets during the game. The next batter shall return such equipment to the dugout. Teams are to make use off the dugout bat and helmet racks. Avoid player injury....follow this safety rule.
3. Major and Minor League regular season night games are to start promptly at 6:45pm and **must end by the 9:00pm curfew with no exceptions.** Tee League games are to start by 5:00pm and end by 6:30pm. On field pre-game warm-ups are not allowed. Pitchers may warm up in the bullpen.
4. Overthrows are to be played off the field fencing. Foul fly balls are out of bounds if they are beyond the marked out of bound lines. The next base is awarded when an overthrow enters a field access opening.
6. Rain water on the infield is not to be squeegeed onto the grass.
8. Players, coaches and fans are not to enter the concession stand or the upstairs storage level. Only the Stand Manager and workers are allowed in the concession stand
9. Each team is to clean out its dugout of debris after each game. Cups, bottles, wrappers, etc must be removed and placed in nearby trash barrels
10. All field equipment must be returned to the field equipment box after the completion of each game. The box must be locked.
11. Pre-Game skills sessions are not to be conducted at games held at Ross Field

**Your cooperation in observing the above Safety and Field Maintenance rules is both necessary and appreciated.**

## SECTION 13: TRAINING AND DEVELOPMENT

Glastonbury Little League has implemented a comprehensive and coordinated Player Training and Development Program. This Program is designed to have players achieve certain levels of skills in basic softball fundamentals as they progress upwards in each of our divisions of play. While building self-esteem and providing enjoyment of the game is paramount in our philosophy, it is important for us to strive to impart as much softball skills and knowledge as possible in each player.

### Conducting a successful practice

Keeping all players busy and maximizing the amount of practice time available has proven to be the key to a successful practice. The use of "Skill Stations" has proven extremely effective. For the first half of the practice, the team is divided in groups of three or four players. The groups are placed in various areas(stations) of the field. Individual softball skills are taught at each station such as throwing, bunting, hitting, etc. After 10-12 minutes the groups are rotated to a different station. This rotation continues until all groups have processed thru each skill station. The balance of the practice is used to develop team skills such as infield defense, relays, etc.

### HITTING:

Stance - feet apart slightly more than shoulder width, weight back (60/40), hands at back shoulder, knuckles lined up on bat with loose grip. A loose grip comes from relaxing the top hand on the bat.

Swing - short stride (6" or less), swing level or down, stiff front leg - "L" shape back leg, keep balance, finish swing

Thoughts - decide not to swing, explain hitting zone - "pull" hit the ball in front inside part of the plate, "up the middle" hit the ball over the middle of the plate, "opposite field" hit the ball just back of outside part of the plate, confidence - feel like you're going to hit the ball, explain softball unique and difficult game - fail 70% of time still a star, it's ok, it's only game like that

### BUNTING:

Stance - square around - shoulders square to mound (prefer pivot rather than step, easier and less chance of stepping out of batter's box) bend at knees, hold bat at 45 degree angle with bottom hand on bottom of bat and slide top hand up to just below label, for right handed batters bat should be pointing towards second baseman, for left handed batters bat should be pointing towards shortstop technique - keep bat at angle hit down on ball, start with bunting ball straight back towards pitcher then work on 3b side and 1b side, pull bat back if pitch not a strike. Try to bunt the ball in front of the plate

### OUTFIELD PLAY:

Ready position - as pitch is made be in ready position - feet shoulder width apart square or glove foot slightly forward, knees slightly bent, arms loose at side, on balls of feet ready to move

Thoughts - think where ball should be thrown if hit to you, talk to other outfielders about situation - where to throw ball, call for ball, outfielder has to call off infielder, backup adjacent outfielder, backup infield every play

Catching fly balls - from ready position move to the ball, run with arms pumping and head still- raise glove, try to catch ball moving forward with two hands, on throwing side, in front of you, about shoulder high, second hand behind glove, remove ball hop and throw to proper place, hit cut-off shoulder high. Try to catch fly balls above the bill of the cap

Fielding ground balls - from ready position, for routine ground ball move to the ball - charge under control, kneel on one knee (glove side) glove out receive ball use body to block bad hop get up and throw to proper position, if charging ground ball for quick throw to infield advance towards ball with glove out field ball on run in front of glove foot hop and throw off back foot to proper position, hit cut off shoulder high

### **INFIELD PLAY:**

Ready position - as pitch is made be in ready position - feet outside shoulders square or glove foot slightly forward, knees bent, arms and glove out in front, on balls of feet ready to move, start tall work through creep focus on front of plate, finish down and ready, elbows in thumbs out pinky to the sky

Thoughts - think tempo, think where ball should be thrown if hit to you, talk to other infielders about situation - where to throw ball

Catching fly balls - from ready position move to the ball, call for the ball, run with arms pumping and head still- raise glove try to catch ball with two hands, on throwing side, in front of you, about shoulder high, second hand behind glove, remove ball be ready to throw. Try to catch fly balls above the bill of the cap

Fielding ground balls - from ready position, for routine ground ball move to the ball - banana to the ball if possible, if not shuffle left or right, keep ball in center of body, keep glove down and out in front, field ball with soft hands, funnel to belly - show button, break step/hop and throw; if you have to move left or right, use drop step and move to glove side or backhand side, field ball with soft hands, glove hand side, field ball palm up, break step/hop and throw, backhand side, field ball butt down, thumb down to thumb up, plant right leg - be a pitcher!, raise left leg and throw

Taking throws at bases - straddle bag, knees bent, be ready to move left or right if throw off line; if close play - take throw make swipe tag, get out of way, show ball, be ready to throw - stress DO NOT stop and wait for umpire's call, play continues so be ready to throw to another base, not close play - take throw place glove at base let base runner come to base do not go towards base runner

Making pivot at second base - remember get at least one out! - ss or 2b making pivot, move to base quickly, straddle base, arms shoulder high, show chest for target, take throw, step/hop and throw. 2b fielding ball, field grounder, turn to base stay low, clear glove - show ball, drop to knee or step and throw or under hand flip depending on distance from bag, target is chest of ss, ss takes ball right foot to base steps and throws; ss fielding ball, field grounder, turn to base stay low, clear glove - show ball, use under hand or over hand throw depending on distance to base, target is chest of 2b, 2b take throw steps on base, steps back and throws

### **THROWING (GENERAL):**

Stand sideways glove shoulder at target, ball in glove under chin, BREAK - take ball back with elbow shoulder high, arm L shape, fingers on top of the ball, don't lead with the palm, step to throw, pull glove to body, release ball, following through ball hand to glove knee, also remember step into catch

### **BASE RUNNING:**

Generally, take a chance, you can advance a base when pitcher is not in the circle. When taking a lead, prepare to push off of base once ball leaves the pitchers hand, finding the ball if put into play, and consider a dive back to your base or take off to new base if catcher throws down.

### **PITCHING**

Fastpitch softball pitching is a very unique skill. Most coaches in GLL do not have the skills to properly teach our young fastpitch pitchers the proper mechanics required for this game.

Glastonbury Little League softball has worked in conjunction with USA Elite Training, LLC out of Cheshire, CT to provide a summer camp at Glastonbury High School where young ladies can learn the proper mechanics of softball pitching. This four day camp is typically held at the end of July or beginning of August. The camp is split into morning (hitting, fielding, base running) and afternoon (pitching, catching) sessions to help players develop all skills in fastpitch softball.

# **GLASTONBURY LITTLE LEAGUE 2026 IMPORTANT DATES**

**3/21/2026 – Equipment Pickup at Ross Field**

**3/23/2026 – Spring Practice Season Begins All Fields**

**4/10/2026 – Uniform Pickup (tentative)**

**4/20/2026 – 2026 Games Begin All Fields**

**4/24/2026 – 2025 Opening Ceremony at Ross Field**

**5/15/2026 – GLL Night at the Yard Goats (Tickets online)**

**5/17/2025 – GLL Photo Day at Gideon Welles Gym**

**5/17/2025 – Summer All Stars Tryouts**

**5/31/2026 – Soft Tees Day at Ross Field**

**6/3/2026 – Majors Championship Game at GHS Field 10**

**6/6/2026 – All Star Practices Begin**